

# **OLYMPIC TRIALS HOPEFULS**

A high schooler & 52-year-old chase down the same dream.

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Stomach

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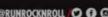
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# COVER AND THIS PAGE: JOHN DAVID BECKER

# JANUARY/FEBRUAL



# **KILEY'S LOOKS** On the Cover

Brooks LSD Jacket, \$98 Greenlight Capri, \$80 **PureFlow 5**, \$110 This Page Brooks Pick-Up Tank, \$42 Streaker Capri, \$85 brooksrunning.com

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# Don't hate me because I'm delicious

# "Love me because I'm healthier than you thought."

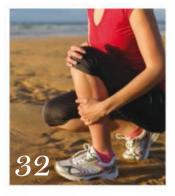
I can't help it if my rich, buttery taste seems a bit indulgent. I'm really an all-natural snack packed with nutrition. Hey, does all this thiamin and iron make my Omega-3's look fat? (Don't worry, it's the "good" fat.) OK, I'm clearing my sched. How does mid-day look? After your workout? Whenever you're hungry, I'm here.

That's me at your local store, waiting for you on the snack aisle.



live long. live well. live aloha.

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# CELM UM MAA

FROM THE EDITOR

# SEEN ON MY RUN...

# **Action Moves**

uring one of my first big cross-country races in high school, I made a classic new-runner mistake. Caught up in the excitement of charging across an open field alongside hundreds of runners, I took the race out way too hard. Starting out at a dead sprint, by the end I could barely stumble. I passed out at the finish line and had to be revived by the medical team.

Losing consciousness, spending the next few days in feverish pain and celebrating my 14th birthday with Pedialyte were not the worst parts of this experience. Instead, the top honors went to the nickname the varsity boys' team gave me after: "Jessie the Machine." The title was intended to honor how hard I'd pushed in the race—but it had a completely different effect. My teenage self was distraught by the idea that the guys saw me as "hard-core"—which in my mind meant "not pretty."

Thinking back on my reaction now makes me a little sad. I have to wonder why it was so much more important that others thought of me—even in an athletic setting—as *cute* rather than *strong*. Of course, my adolescent mindset wasn't constructed in a vacuum. Our culture tells girls their value lies in their appearance first and their actions second. Media, the industry I now work in, is often to blame for perpetuating this destructive belief system. This statement feels cliché because it's true: Images in magazines can be damaging to women's self-esteem.

At *Women's Running*, we strive to be as inclusive, bodypositive and actions-first as possible. Although we sometimes miss the mark, there is one issue per year where I feel confident we deliver on this philosophy. Our annual Cover Runner Contest invites women of every background to enter to win a spot on our cover. We select our finalists—always a challenging task—and then encourage readers to vote for the person whose story resonates most deeply.

Last year, the winner, marathoner Lindsey Hein, made the difficult decision to undergo a double mastectomy after learning that she carried the BRCA2 gene mutation and then shared her experience to raise awareness for genetic testing. This year, we are honored to feature Kiley Lyall, a 24-year-old half-marathoner who uses running to combat life-threatening seizures and the challenges of autism.

In a selfish way, I wish that my 14-year-old self could have connected with these women's stories. Maybe I would have realized that gutting out a cross-country race—while not even in the stratosphere of Kiley's or Lindsey's achievements—was something to be proud (not ashamed) of. And while both of these cover runners are stunningly beautiful, maybe they could have taught me that being pretty never changed the world—but being strong carries the power to inspire.

**Jessie Sebor** / @JessieSebor

Join in on the fun! Use #TeamWR on Twitter or Instagram to share questions, pics, tips and brags!



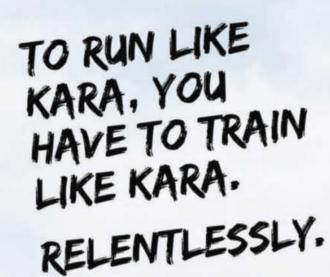
The WR team was lucky to spend three days with Kiley and her mom and dad. The positive energy their family carries is absolutely infectious.



Is there anything more soothing to the spirit than a solo run up a mountain on a foggy day? Thank you, El Cajon Mountain!



Coolest race experience ever: Starting in last place as the TransAmerica Tomorrow Chaser during Rock 'n' Roll Las Vegas. For every runner, I could pass, TransAmerica donated a dollar to the Edith Sanford Breast Foundation. Incredible motivation to sharpen elbows!







# INTRODUCING THE ULTIMATE STABILITY SHOE OF KARA GOUCHER

The GOrun Forza keeps you stable and promotes a smooth heel-to-toe transition. Push harder, go farther, train harder, and run a little more like Kara.



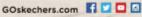
CHOOSE GREATNESS."



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# PAN-SEARED ALASKA COD **OVER MINTED PEA PURÉE**

Prep Time: 15 minutes Cook Time: 10 minutes Servings: 4

This delicate whitefish is perfectly paired with a mint flavored pea puree that gives it a silky smooth texture and fresh flavor. This easy-to-make dish is low in calories because the peas give it a boost of resistant starch that is not digested or absorbed in the body. Pan-seared Alaska Cod, low in calories, provides the musclebuilding protein with high digestibility so you feel pleasantly full and satisfied after eating it.



- 1/2 cup water
- 2 pounds frozen or fresh peas, blanched 1 package (0.6 to 0.7 ounces) fresh mint,
- leaves only
- Salt, to taste
- 4 Alaska Cod fillets (4 to 6 oz. each), fresh, frozen or thawed
- 1 teaspoon lemon pepper seasoning Olive oil

Add water, peas, and mint to a blender or food processor; season with salt to taste. Purée until almost smooth. Cover and keep warm.

Rinse any ice glaze from frozen Alaska Cod under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of fillets with olive oil. Place cod in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn cod over and sprinkle with lemon pepper seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 9 minutes for frozen cod or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, spoon pea purée onto four plates. Top each with a cod fillet and serve immediately.

Nutrients per serving: 319 calories, 5g total fat, 1g saturated fat, 13% calories from fat, 65mg cholesterol, 37g protein, 33.5g carbohydrate, 12g fiber, 393mg sodium, 101mg calcium, 28 IU Vitamin D, and 200mg omega-3 fatty acids.



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Describe what the new vear means to you in three words.

Excitement for (the) future!

Lucky black-eyed peas!

Hello, Boston MARATHON!



Maybe a ring?

**MUST START TRAINING!** 

Adventurous

VINCERE VEL MORI (CONQUER OR DIE)

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RYAN HALL, WORLD-CLASS RUNNER & ALASKA SEAFOOD LOVER

As a two-time Olympian and U.S. half-marathon record holder, Ryan knows how important nutrition is to his all-around fitness. The combination of lean protein, anti-inflammatory omega-3s and muscle-building nutrients found in Alaska seafood are why it's a staple of his diet. The unmatched quality and nutritional impact is why he makes sure his seafood is from Alaska.

What's on your training table?

TO TRY SOME OF RYAN'S RECIPES AT HOME, VISIT **WILDALASKASEAFOOD.COM** 



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# BEHIND & SHOOT

# Welcome to San Diego, Kiley Lyall!



# Surprise!

When Kiley and her parents, Kathleen and Jay, flew into San Diego, WR was at the airport and the hotel, the Marriott Marguis San Diego Marina. to meet the winner of the Women's Running Cover Runner Contest Presented by Rock 'n' Roll Marathon Series.

# On the Waterfront

After a good night's sleep, we logged some sweet miles along the harbor near their hotel, with two photographers. John David Becker on a beach cruiser and Ryan Bethke on foot, bringing a paparazzi feel.



# Breakfast Club

After the run, we went straight to the infamous Richard Walker's Pancake House nearby to refuel with omelets and apple pancakes. "Is that pancake as big as your head?!" Yes, it is.



**Humble Brag**Her parents beamed with pride as Kiley shined and made new friends with the whole WR team, including hair-and-makeup artist Savanna Allen and Oliver Baker, who took behind-the-scenes photos.

# Natural Beauty

Kiley's experience working in a beauty salon and behind a camera made her a natural at our photo shoot. She had her hair and makeup done and changed into multiple outfits provided by Brooks for both outdoor and indoor shoots.



# Behind the Lens

During Kiley's whirlwind San Diego trip, she went on a family hike at beautiful Torrey Pines State Natural Reserve and brought along her camera to capture some photographic memories of her own.











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# TEAM WR

{COMMUNITY}



### **BLOGGER ON THE RUN**



# **FAT GIRL RUNNING**

By Mirna Valerio, Rabun Gap, GA "Running is an easy and fantastic way to dial into whatever level of fitness you desire, to condition for other sports and to maintain your weight. More importantly though, running allows me to connect with the outdoors in the way that humans are designed to. I get to spend hours outside breathing in fresh air, enjoying my surroundings in the mountains, city and suburbs invigorating my mind, body and spirit."

# Mirna's favorite piece of running gear...(she has two!)

The North Face GTD Capri Tights—"I wear them everywhere"—and Nathan VaporCloud Hydration Vest (men's version)—"works better for my front side, if you know what I mean!"



We heart runner blogs! Check out our must-reads at womensrunning.com

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Or Email editorial@womensrunning.com with any burning q's!



Here comes Valentine's Day! Running with your sig other is the best. Tweet us a photo of you both on the run!



@Ashleigh LP with @Shaun24794337 just before the start. <3



@cisoto2 We like celebrating every anniversary with a run. This vear was 24.



@Ithej #paris



@eathppyrunhlthy It's ABSOLUTELY the best! This guy always keeps me smiling on the run.



### #PINNING

From our board, "You're a Runner When...

This is what we look like when talking about the 10 most stressful parts of race day.





WOMEN'S RUNNING

# What is everyone looking forward to in 2016?

Tracey Running my second half marathon and getting married!

Karen I'm going to do my first marathon for my 50th birthday!

Catherine Running my first half marathon after recovering from kidney surgery.

Bernadette To run the Chicago Marathon!

Cara Seeing the man I love again. (It's been almost two years.) And running the LA Marathon! "Run like there's a hot guy in front of you and a creepy guy behind you!"



### WHAT WE'RE UP TO:

Editor @kstandietz gave birth to her first child in October, and he's already making faces at the idea of running a marathon!





YOU SAY IT-We share it

### **INSTA-RUNNERS**



@bengalalumna kept it moving on a solid 10-miler powered by her playlist.



@chasing\_sav was working her envious moves in some sweet Nike gear.



Congrats to @lovecookrun who's training for the Surf City Half in Huntington Beach, Calif.!



@mojaldy made holiday splurging much more fun with these runner cookies. Yum!

Want to show off your #TeamWR spirit? Tag us in your Insta photos with that hashy!

calories running the number of

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cataracts by gastric cancer by

serious heart attack by

ARTHRITIS BY INCREASING CARTILAGE PRODUCTION



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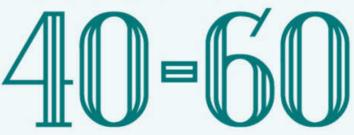


# 2 out of 3

runners believe running together as a couple leads to more action between the sheets—that's a double dose of healthy, feel-good endorphins!



**RUNNING BURNS** TWICE THE CALORIES AS **WALKING PER MILE** 



THE NUMBER OF BREATHS PER MINUTE YOU TAKE WHILE YOU RUN-UP FROM 15 WHILE AT REST. TALK ABOUT A WORKOUT FOR YOUR LUNGS!

# Susan Loken

# I qualified to run at the Olympic Trials Marathon for the first time at the age of 40!

here I was, standing at the start line of the Indianapolis Monumental Marathon.

ready to see how the race would unfold.

While I once hoped this race would be where I qualified to run my fourth Olympic Trials Marathon, I knew that a time of 2:43 was probably just beyond my reach. Having ridden the injury roller coaster over the past several years, I was just happy to be healthy and grateful to be feeling strong again.

I set my sights on running my fastest marathon since entering my 50s. With nearly perfect weather, I soared through the first half of the race in 1:25, feeling confident and happy to have my running legs back.

I crossed the finish line in 2:53:12, not only winning the masters division, but also setting a new course record for women over 50. With those titles under my belt, I also had the satisfaction of knowing I reached my goal of scoring a new decade PR too.

It would have been easy to get discouraged that the 2016 Olympic Trials would not be in the cards for me



unless I raced through another marathon right away to go after that 2:43 time. Instead I chose to focus on the positive. I'd be lying if I said getting to that place mentally didn't take effort. But after much soul-searching, I decided that I'd rather be running healthy for the rest of my life than be riddled with injuries because I pushed my body too far.

Running is my passion, but my purpose is to inspire others through the journey. Having earned an entry to the Olympic Trials Marathon for the very first time at the age of 40 and then again at 44 and 48, I'm no stranger to shooting for the moon. And I'm living proof that even if you miss, landing among the stars is pretty cool too!

# U.S. OLYMPIC TRIALS MARATHON FUN **FACTS:**

- >> The 2016 Olympic Trials Marathon race will be held Feb. 13 in Los Angeles.
- >> There are two standards of qualifiers: A or B. Female runners who earn the "A Standard" must run a certified marathon in 2:37 or under and will have race-related expenses paid. Female runners who earn the "B Standard" must run a certified marathon under 2:43 or a half marathon in under 1:15.
- >> The qualifying window for the 2016 Olympic Trials is Aug. 1, 2013-Jan. 17, 2016.
- >> Shalane Flanagan holds the current record for the fastest Olympic Trials finish time at 2:25:38.
- >> 2012 marked the first time five women finished under the 2:30 mark.
- >> Linda Somers Smith is the only person (female or male) to date to qualify by time standard for seven U.S. Olympic Trials Marathons.
- >> In 1984, Joan Benoit Samuelson was the first women's U.S. Olympic Trials Marathon winner. Later that year, she went on to capture the Olympic gold medal.

2000

1998 Susan ran her first marathon in 4 hours, at the age of 35.

1997 Alana was born.

2002 Susan qualified for her first Olympic Trials Marathon by winning the Tucson Marathon with a time of 2:44:19. Alana was 5.

2004 Susan ran her first Olympic Trials Marathon at the age of 40. Alana was 7.

2007 Alana ran her first 10K race at the age of 10.

# Alana Hadley

Age: 18 Hometown: Charlotte, N

# People say I'm too young to be a world-class marathoner, but I'm here to prove them wrong.

ot even trying to hide my huge smile, I stood at the start line of the Indianapolis Monumental Marathon hungry for two things: redemption and an Olympic Trials qualifying time. It had only been six months since I ran my first marathon, but this race would be different. This time around, I was prepared for the mental challenge and ready to see what my body could really do. I knew the race was mine and I was determined to make my goal of a sub-2:43 time.

I started off running in a huge pack of guys, which helped keep me motivated. Having a sense that we were sharing the workload, my mind settled in as my legs found a strong pace. I felt comfortable, enjoying the first 16 miles of the relatively flat course.

At mile 16, the group began to break apart as we headed up one of the only hills, which lasted about a mile. By this time, the guys knew my goal and continued to cheer me along the way.



Still feeling strong, I made it to mile 20, where I knew it was go-time. I steeled myself to fend off the dreaded wall, as my pack continued to dwindle.

By mile 23, I was down to running with only two of the original guys when one moved ahead of me slightly. Determined to maintain my pace, I focused on him and tried to keep his back within a sprint's distance.

Like many marathon runners, I got to mile 25 and my head started playing tricks on me. As I looked at my watch to calculate how much time I had to make it to the finish by my goal, my tired mind jumbled up the math, making me think I had less time than I really did.

I willed my legs to move faster and picked up the pace on the final mile stretch. I wasn't going to let anything stand in the way of my goal. When I turned the corner with the finish line in sight and saw the clock, I realized that I had a nice cushion. Crossing the line in 2:41:54, I immediately hugged my dad tightly and cried tears of joy. I had done it-I had gotten the qualifying time. 🐠

2010

2008 Susan ran her second Olympic Trials Marathon at the age of 44. Alana continued racing, upping her distance to 15K events. 2011 Alana ran her first half marathon at the age of 14 in 1:21. 2012 Susan ran her third Olympic Trials Marathon at the age of 48. 2013 Alana ran her first marathon at the age of 16 in 2:58, and then ran the Indianapolis Monumental Marathon in 2:41:54, qualifying for the 2016 Olympic Trials Marathon. 2015 Alana started college while preparing for the 2016 Olympic Trials Marathon. Susan set a course record for women over 50 and won the masters women's division at the Indianapolis Monumental Marathon at the age of 52.



# Resolution Road

For our Marathon Maniac, this road used to be a street of broken dreams—until she started setting a different kind of goal.

BY DANIELLE CEMPROLA

he new year is fresh with the promise of something better. We wake up on the first of January with the notion that this might finally be our year. Even if we are still feeling the effects of too much midnight champagne from the night prior, we believe this will be our fresh start to get that promotion, start shopping organic and stop eating pre-made cookie dough directly out of the tub. (Just kidding—no one should live without that dough.) Regardless, we're ready for changes and excited to see what the future might hold.

If you're a runner, or if you hope to become a runner, you probably have a running-related resolution. Whether it is completing your first marathon, dropping your pace per mile from 12 to 10 minutes, or simply running a mile without stopping, you know one thing for sure: You're going to go *hard core*. No excuses. No slacking off. You're going to *crush* that goal.

Sound familiar? It does to me too. I'm the queen of both grandiose resolutions and of the subsequent failure to achieve them. Recognizing this slight personality defect, I decided two years ago to make just one simple resolution I knew I could keep. Every year, I now vow to make my life more interesting. Sure, it seems vague, and it is—intentionally so.

For many of us, New Year's resolutions fall by the wayside the second we feel like we have failed to keep them in even the smallest of ways. By casting a wide net, I have found it much easier to maintain momentum, which in turn creates lasting change. This resolution has propelled me to take more trips, try new restaurants, race different marathons and make a conscious effort to form new memories.

When it comes to running, I have a propensity to feel beaten down, regardless of the goals I set. Had to work late and couldn't get my scheduled run in? Sounds like I better quit my training plan altogether. Drank a couple of margaritas the night before a long run? I guess I just won't go. My pace per mile is slower than I think it should be? Might as well walk.

So this year, I'm sticking with the wide-net plan for running by setting "anytime" goals. I'm not committing to running races in a certain number of new states or setting a personal best. Instead, I am going to focus on one very broad objective: to try to fall in love with running a little more every single day.

My resolution may find me running more marathons or fewer. It may encourage me to run slower or faster. It may take me out onto the mountain trails or lead me to explore new city routes. The beauty of such a simple resolution is that it can be anything I want it to be, but the end result is the same: a renewed sense of vigor and purpose for the sport I already adore. Happy New Year, indeed.

# RESOLUTIONS FROM NEW YEAR'S PAST



Spoiler Alert:
I broke them all.

- 1 Stop biting my nails. I tried and failed 27 years in a row before I finally started getting fake nails.
- 2 Stop watching so much reality television. This lasted a solid 24 hours.
- **3** Stop eating fast food. I broke this promise every year until I had to adopt a gluten-free diet that left me no choice.
- **4** Spend less than \$100 at Target just once. It's a work in progress.
- **5** Wear bottoms other than yoga pants on the weekends. Meh.

Danielle Cemprola lives in South Carolina with her husband, AJ (above), and Rottweiler. When she's not running, Danielle blogs at trexrunner.com.

# My Biggest Fan

BY EMILY POLACHEK

# A New Year's resolution and unconditional support from her parents helped Caroline Bauer to start running again.

Originally a member of the women's tennis team at the University of Wisconsin. Bauer switched to the school's varsity cross-country and track-and-field teams halfway through college. She had never run competitively before, but during tennis practices, she discovered a talent for speed, clocking 5:23-minute miles during workouts.

Despite finding new excitement in racing, Bauer faced battles off of the track. She dealt with anxiety, an eating disorder and over-dependence on a prescribed stimulant throughout college. An injury in her senior year not only prevented her from competing but also heightened these problems.

It was during this time that Bauer found extra support and love from her parents, Laurie and Joe, and made a resolution in December of 2014 to



JOE, LAURIE, AND THE REST OF THE BAUER FAMILY GREET CAROLINE (IN BLUE) AT THE CHICAGO ROCK 'N' ROLL HALF MARATHON FINISH LINE.

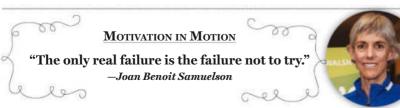
"take accountability for my well-being and to start running again." She ran the Rock 'n' Roll Chicago Half Marathon in July 2015 after recovering from her injury.

"This half marathon marked the 'finish line' to the hurdles I faced in college," Bauer says. "I developed the strength and faith to defeat my obstacles because of my family. My parents give me unconditional support when I am at my lowest or best, and that is why they are truly my biggest fans."

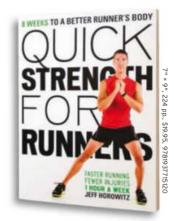
The 24-year-old has now graduated with a bachelor's degree in communication, and she is currently interning at a public relations company in Chicago. For 2016, her new resolution is simply to have a more balanced, healthy lifestyle and to remember to focus on running for fun.

### WHO'S YOUR BIGGEST FAN?

Email your submission to editorial@womensrunning.com! Featured entries win a free subscription (or renewal) for you and your fan!



# BUILD A BETTER BODY



You can build a better runner's body in under an hour a week. The smart, fast-paced strength training program in *Quick Strength for Runners* will help you strengthen your core and key running muscles for faster running and fewer injuries—without setting foot in a gym.

Build a better body with Quick Strength for Runners.



Available in bookstores, running shops, and online. Preview the book at velopress.com.

# JOUR SOALS Treated

# Get after your goals

this year with the journal created

by pro runners Lauren Fleshman and Roisin McGettigan-Dumas. Their *Believe Training Journal* is packed with real-world advice and fresh ideas to help you push harder and find your best running. Put pen to paper and you'll be amazed where your *Believe Training Journal* can take you.

**Now in three colors,** the new Lavender and Charcoal editions feature an updated design, new photographs, Lauren's killa core routine, and Ro's fave post-run yoga poses.

# Consistency. Intention.

Reach your goals with your Believe Training Journal.





# LACE UP {TRAINING}



# LACE UP {WE'RE OBSESSED}

The hottest footwear feature of the season isn't the beautiful ombre reflectivity of the Altra IQ powered by iFit (\$199, altrarunning.com)—it's what is embedded in the shoe's midsole. A razor-thin, foot-length sensor and transmitter give real-time running feedback for on-the-go stride adjustments. They relay standard data like speed and distance, as well as more complex measurements, including your landing zone, cadence and impact differences for each foot.

The data is displayed on your smartphone or iFit Ridge watch (\$249, altrarunning.com) along with your heart rate and GPS info. You can geek out over all of your stats online (ifit.com) and interact with real coaches who will also make form suggestions based upon stride metrics.

The zero-drop shoe falls into the stability category, with a more structurally supportive midsole and outsole and Altra's signature foot-friendly, roomy upper. The technology has been tested and is guaranteed to last 600 miles.

—Allison Pattillo, contributing gear editor



WHEN SHOES GO HIGH-TECH, WE PAY CLOSE ATTENTION.





September 17, 2016 Wright-Patterson AFB, Dayton, OH Registration Opens Jan 1, 2016!

usafmarathon.com

Sports & Fitness Expo • Gourmet Pasta Dinner
Breakfast of Champions • Finish Line Festival • After Party















# 2016 will be a won

# annary

Women's Running debuted seven years ago in January 2009. Our whole Team WR community—that includes you!—has grown by tempos and strides. Hugs.



# February





# On Feb. 13 at the **Olympic Trials** Marathon in Los

Angeles, watch Shalane

Flanagan and Desiree Davila battle it out with an elite field of female marathoners, all of whom met or bested the 2:43 qualifying standard, to see who will represent the U.S. in Rio. Flip to page 60 to out why a few native LA-ers are thrilled to race with the best in their hometown

# MARCH

Taking place in Portland. Ore., the AAF **World Indoor Championships** 



mark their

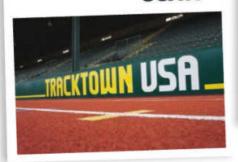
first return to the U.S. since the inaugural event in Indianapolis in 1987. More than 600 athletes will compete in 13 events during the three-day track-and-field event from March 17–20.



U.S. Olympic Track and Field Team Trials take place July 1-10, at Hayward Field in Eugene, Ore.

Watch athletes give it their all on hallowed ground in an attempt to earn a slot on Team USA.







# Ready or not, it's time

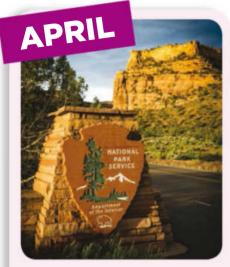
for Rio! From Aug. 5-21, 10,500 athletes from 206 countries will converge in Rio de Janeiro, Brazil, for the first-ever Olympic Games in South America. There will be 306 medal events—136 for women. 161 for men and 9 mixed.

GIRLS ON THE RUN

is a healthy-living program that helps pre-teen girls gain confidence through running—it turns 20 this year. Founded in September 1996 by mom, social worker, athlete and innovative thinker Molly Barker, the North Carolinabased foundation now serves more than 168,000 girls in 225-plus cities across the U.S.



# derful year to run!



The National Park Service turns 100 this year. Happy centennial, nearly untouched nature! With more than 400 parks around the country, celebrate the first month of spring by hitting the trails at a park near you. Visit nps.org for a listing of events.



# MAY

The 105th running of the Bay to Breakers 10K in San Francisco is May 15. Women were officially allowed to race 45 years ago in 1971, but Bobbie Burke goes down in the history books as being the very first female to run it—she toed the line in 1940 disquised as a man.

# june

Be a part of history at the 505th (seriously!) running of the **Red Hose Run in Carnwath**, **Scotland**. The race began in 1508 and the winner still receives a pair of red, wool stockings. The only way the race *cannot* happen is by permission from the crown, which must explain this long-running record. It's only been canceled three times: in 1926 during World War I, in 1952 during World War II and in 2001 due to an outbreak of footand-mouth disease.

# october



2016 marks the 30th anniversary of Baby Jogger's release of the Twinner, the first double jogger. Use yours to enjoy the fall weather with your kids and get some fresh air. In honor of Breast Cancer Awareness Month, remember that exercise helps to reduce the risk of breast cancer.

Yes, the New York Marathon happens in this month (Nov. 6), but so does the YMCA Buffalo Turkey Trot. Established in 1896, the 8K event has the distinction of being the oldest continually held running race in the US. This year marks the 120th running, making it five months older than the Boston Marathon.

Movember



# Stronger Together

One running-obsessed couple shares their favorite races just in time for Valentine's Day.

AS TOLD TO KARA DESCHENES

### Team Training

Make a point to train as a duo. If you work out separately, it makes it harder to run the same pace when it comes to race day. Couples that train together, remain together!

# **BUCKET-LIST RUN**

We run for the afterparty! That's why the Rock 'n' Roll New Orleans Half Marathon is our dream race. Between the blinged-out medals and bands, we can't think of a race that sounds like more fun. Since the Caiun city is one of our mustsee travel spots, we're hoping to make it our first half marathon together. Where: New Orleans, LA When: 2/28/16

### SWEET SWEAT

runrocknroll.com

Running the **Donut Dash** is one of our absolute favorite events every year. Runners must dart 2 miles to a local bakery. where they eat four regular-sized glazed doughnuts as quickly as possible, before running 2 miles back to the finish. The race features two categories: a competitive group required to finish every crumb and a non-competitive group that takes their pastries to go. This is one event we look forward to every year!

Where: Sacramento, CA When: March 2016 donutdash.org

# **Support Crew**

Always encourage one another. We push each other when one of us is aettina exhausted. It took time to learn what things to say to one another, so the more races we do together, the better this works for us.



# **EXPERTS** Bryana & Jennifer Letts

After completing more than 30 races together, it's no surprise that this couple from Sacramento, Calif., chose to celebrate their wedding last summer with running as the theme for their big day. Complete with tiny sneaker favors and Gatorade bottle vases, the event was full of running love. Learn how the couple makes striding together work, along with their must-run races.



# **Pace Yourselves**

Go at the speed of the slowest person. If one of us is in better shape on race day, it doesn't matter because our goal is to enjoy the event together. We stay side by side from start to finish, no matter what!

# DARING DUO

When we want to take our training to the next level, we like to mix things up with obstacle racing. The City Challenge Obstacle Race is a perfect combination of running with physical tests sprinkled throughout. We have a lot of fun helping each other. Getting to the finish line together as a result of our teamwork makes the journey even sweeter.

Where: Miami, FI When: October 2016 citychallengerace.com

## SHADY FUN

The Color Run has

a very special place in our hearts as the first race we ever did together, so you can imagine how excited we were when we found out an event was planned for the day after our wedding. Continuing the marital celebration, we had a lot of the guests from our wedding sign up to run with us. It was so much fun! Everyone donned white shirts that were covered in a rainbow of colors by the end of the race. Where: multiple locations

When: multiple dates thecolorrun.com

Don't be afraid to try all kinds of races. We've done foam runs, mud runs, runs with obstacles, 5Ks, 10Ks, 8-mile runs, costume-themed runs and many more. The more fun you have, the less the challenge will seem like work!







# I race a lot during the summer and fall, and I always go a little crazy in the winter. What can I do that will benefit my racing when I start back up again?

Enioving downtime after a long season of racing is always important. It's crucial for the body to recover during this time so that you are physically and mentally ready to get back to the start-line scene. Staying active by cross-training can help the "comeback" process go more smoothly.

The off-season is a great time to explore different forms of exercise that you don't have as much time for when your focus is on running, Swimming, yoga, dance, cycling, etc., will keep you sane, maintain cardiovascular fitness and help you develop muscular strength that will make you less prone to injuries when you return to the roads and trails.

# Why would anyone prefer running in rain or snow?

Most runners have a lovehate relationship with the



snow or rain. For some, a quiet run on a trail with light rain or snow falling brings an almost magical, peaceful element to running. For others, any sign of precipitation means they power up the treadmill to avoid getting wet and cold. If you choose to run in the elements, just be sure you take the necessary precautions: Dress for the weather and watch out for ice or slick surfaces on the roads. You don't want your beautiful snowy run to be ruined if you slip and fall!

# Can I run a half marathon if I've never done a race before?

It's definitely possible! Just about anvone can do anv race distance if she has completed the proper training in

advance. I would recommend finding a training group or a coach so that you can better ensure a successful first race. Since you have never raced before, it is crucial to have a slow progression with your training so that you minimize the risk of injury.

That said, do consider finishing a 5K or 10K beforehand (just as a part of your training) to help you get the feel for the race-day vibes. I bet you will find that not only will you have a better idea of what to expect, but it will also get you excited and more pumped up for your half marathon!

Have a question for Coach Kigar? Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach.



# RACE-DAY **FAMILY FUN**

Need an idea for family bonding? Local races make for an awesome experienceand super fun morning. Sign yourself and the kids up for a short distance (1 mile or 5K) and make it a family event. There are so many themed races to choose from-costume runs, tie-dye runs, zombie races-that welcome walkers. ioggers and strollers too.

THE RULES OF THE ROAD! My friend likes to take photos while we're running, but I don't want to stop in the middle of our run. Is it

rude to continue and

ETIQUETTE EXPER AND RUNNER LIZZIE POST KNOWS A THING OR TWO ABOUT

ask her to catch up? This is a tough call. I think the best time to address it is before you start the run. Asking ahead of time, rather than when you're in the moment, will take the pressure off. Your friend won't feel rushed and you won't feel held back if you both know from the get-go

what to expect.

Try something like, "I know you love to take pictures on our runs, but do you mind if I keep going when you stop, and you can catch up when you're ready?" If she gets uncomfortable with the idea of having to chase you, you can always try backtracking, so that you are then looping back to her as she wraps up the photo session.

# My run buddy micromanages my marathon training all the time. How do I tell her to back off?

It can be hard when friends are trying to be helpful, but instead they hit the overbearing mark. Be honest but gentle with her. "Kate, I love the advice, but right now I'm getting information overload. How about I make a list of questions and when I'm ready to absorb more, I'll get in touch? In the meantime. I'd love to grab a cup of coffee and hear how you're doing." It's always best to remember that a friend is just trying to help. Shift the focus back on the friendship part of it, and you may be able to get the micromanager off your back.

# If it's almost time for the race to start and I really have to go, is it okay to ask to cut in front of non-racers at the portapotties?

You can always ask, but it's all in how you ask. Pushing through to the front and shouting, "I need to go next, because I'm racing and the gun is about to go off!" is very different from gently approaching the next person in line and saying, "Excuse me, but would it be all right if I went ahead of you, since the race is

Have a question for Lizzie? Email editorial@womens running.com or tweet @womensrunning with the hashtag #ProperForm.

about to start. I'm worried if I wait in line I'll miss it."

# What is the best way to cheer up a running buddy who is injured? Is it rude to talk about running?

There's no rule for this one. You've got to gauge your friend's mood and know that it might change with each interaction. Sometimes hearing about what you're missing out on is exactly what you need to get you through physical therapy—or a tough day. Other times, it makes you frustrated about your current situation and jealous. If you don't know, ask. "Are you up for a running story today? If not, I totally understand." 🍩





# On the Safe Side

BY CAITLYN PILKINGTON ILLUSTRATIONS BY ERIN DOUGLAS



Ready, set, go run!
But first, here are some safety pointers to keep you moving securely from start to finish.

Went for a run at 2:30 and will be back around 4. Running on the trails by the grade school.

Share your run plan with someone. Whether it's with a text, call or note on the counter, make sure another human knows when you left, where you're going and what time you plan to be back



Make sure you have your driver's license and health insurance card Stuff them in your bra, zip them in that little back pocket, throw them in your belt, tuck them in your shoe—no matter how you handle your IDs, just make sure they go where you go.



Try a new (but familiar) route. Runners should never repeat the same route at the same time too many days in a row. This makes it easy for a dangerous person to get familiar with your habits. Switch it up! It makes running more interesting anyway.

Take your phone. We know—it's sometimes annouing to carry this with you, plus running is a great time to sign off for a few miles! You don't have to use it—it's there just in case. Put the text alert on silent and use an accessory like a running belt or armband, so it's not in your sweaty palm.





Make sure you're reflective when running in the dark Between flickering shoe clip-ons or colors reflect 200-300 percent of light (versus 90 percent regularly), allowing a runner to be seen up to 1,000 feet away.



a high-visibility jacket you should be a beacon of light. And ditch the basic black Flourescent





Run against traffic. Chances are you will see a car before it sees you, so it's always best to face your opponent. Plus this makes it easier for the driver to spot you if you're running in low light, thanks to reflective details or your headlamp.

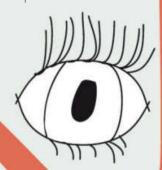


Remove your headphones if and when you stop to stretch. Many people suggest running without tunes or with only one earbud in, which is optimal But let's be realistic—who does that? However, if you do stop for a break in a quiet area, remove your buds and perk your ears up to nature's music—and any strangers who might be lurking nearby.



 $\binom{0}{1}$ 

Make eye contact with the driver before you enter a crosswalk People too often forget to check both sides of a car before turning into traffic. Do not give drivers the benefit of the doubt: Either make certain they see you or wait for them to go before you step out into the road.



Be cautious climbing hills. If humans—or cars—come bombing down toward you, their reaction time is more abbreviated than yours. Keep your eyes peeled and make sure to stay to your right on paths or trails and off the street when entering any blind spots or turns.





Post a victory photo on social media. You just completed a pretty awesome run—so why not let that friend know you're done and safely noshing on some post-run fuel? #runbrag #TeamWR

any runners have some idea what shin splints feel like:

a pain that can range from achy to piercing. To get some background about this discomfort, we turned to Tony Ambler-Wright, a senior practitioner with Fusionetics, a Georgiabased company that works with athletes of all levels to prevent injuries and increase performance.

Ambler-Wright ran competitively in high school and college and was involved in a shin splint study through the University of California, Davis. "Throughout the study I continued to run, performed therapeutic exercises as prescribed, and also cross-trained by cycling on days my pain was intolerable; I had

regular visits with my doctor, my bone density was monitored, and I managed my pain with large doses of ibuprofen. With that said, over the course of a few months my body adapted to the stress-bone density increased significantly along the inner edge of my shins," he says. "I became pain free and haven't suffered from them since even after long layoffs from running."

# What are shin splints?

Runners tend to use this catchall term for any pain below the knee and around the shinbone or tibia. Officially, shin splints are called Medial Tibial Stress Syndrome (MTSS) and result from inflammation of the muscles, tendons and tissue around the tibia. "With MTSS, diffuse pain and tenderness typically occurs 1 to 4.5 inches above the ankle where muscles

of the lower leg and foot attach to the bone." Ambler-Wright explains. He says other conditions, such as stress fractures, exertional compartment syndrome and tendinitis can also cause shin pain. so if pain persists, see your doctor to rule out other conditions.

# Who gets them?

"Runners (particularly those who are just beginning) are at increased risk for them due to the relatively high-impact associated with running," Ambler-Wright says. "Shin splints are caused from a variety of culminating factors but can be largely attributed to doing too much, too soon—whether from an increase in training frequency. distance, duration and/or intensity—or inadequate recovery between training sessions."

# What should I do if I have a case of the splints?

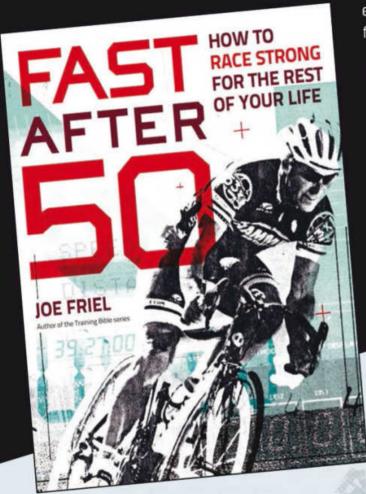
Ambler-Wright says it's best to stop running and allow the body to recover, ice your shins throughout the day and use compression socks or wraps. You can also take over-the-counter antiinflammatory drugs.

# STEPS FOR PREVENTION

About 30 to 40 percent of new runners develop shin splints: stay a part of the healthy majority by following these tips.

- Warm up properly to prepare your body for the demands of your workout and prevent injury.
- Gradually increase running frequency, distance, duration and intensity while allowing adequate rest between workouts.
- Run on softer surfaces, such as trails, grass or a local track.
- Improve your running mechanics by stretching and strengthening your hips, glutes, core and lower legs.
- Incorporate plyometric exercises to enhance your running efficiency and make you more resilient.
- Replace shoes at the recommended intervals of 300 to 500 miles.
- Cross-train with lowerimpact activities, such as swimming, cycling and using an elliptical trainer, to allow the body to recover.

# DON'T SETTLE FOR SLOW



Joe Friel's new book **FAST AFTER 50** is for every endurance athlete who wants to stay fast for years to come.

Drawing from his decades of coaching experience and new research on aging and sports performance, Friel offers a groundbreaking approach to staying competitive. With **FAST AFTER 50**, you can train to ward off the effects of age, extend your racing career, and race to win.

Getting older doesn't have to mean getting slower. Stay fast with FAST AFTER 50.

# FOR ALL ENDURANCE ATHLETES

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# You down with BOP?

Yeah, you know us. Here's how to totally rock a race from the back of the pack.

BY YUKI HAYASHI



Depleted aid stations. Exhausted volunteers. For back-of-the-pack (BOP) runners, the final miles of an endurance race require strength. Not just the physical toughness to keep going, but the mental fortitude to gut it out on near-deserted stretches of

ukewarm

Gatorade.

Omaha, Neb.-based runner and triathlete Kirsten Case recalls one race: "The only people I

road strewn with the paper

cups left by faster runners.

saw were finishers headed to their cars, refueled and ready to get out of the cold, while I still had miles ahead of me."

Even if speed isn't your forte, you can still have an amazing race with a little planning and bravery. Here are five strategies to kick butt at the BOP. Remember, you're still beating *everyone* on the couch!

# 1 PICK THE RIGHT RACE FOR YOUR PACE.

Some races cater to everyone, while others are geared at competitive age-groupers. "Look for an event that's got the attitude, culture and philosophy that suits you as a runner. "Some races have a competitive philosophy: 'If you can't finish, get off the course!' That's not wrong—it's just a different approach to racing," says Iris Simpson Bush, executive race director of Cincinnati's Flying Pig Marathon, regarded as one of the country's most BOP-friendly races.

Bush's advice? Check race websites for course cutoff times *before* you sign up. Determine if you can make the cut, and research what happens if you can't. Can you move to the sidewalk to finish your race once the streets reopen to traffic, or are you expected to jump into the sweeper bus?

Finally, check if walkers are welcome: That's a sure sign of a BOP-loving event.

# **2** TRAIN YOUR MENTAL MUSCLES.

BOP runners may miss out on two surefire external motivators: lots of other runners to pace against, and big crowds of cheering spectators. For that reason, it's important to cultivate your internal motivation, says Rejean Chiasson, head coach with Nike+ Run Club in Toronto.

"Go into a race with a game plan and stick to it regardless of the empty cheer stations. Stay in your head and don't let the atmosphere get you down," says Chiasson, who recommends using a well-curated playlist to keep you energized and focused. He also suggests repeating a personal mantra whenever self-doubt rears its ugly head—as it often will during mile 22 of a long, rainy marathon.

# **3** BRING YOUR OWN CHEERLEADERS (AND GU).

During a long, hard slog, a high-five from your best buds is an instant power boost. But for slower runners, the anticipation of seeing loved ones may come with worries about keeping friends and family waiting. "I don't want people to be disappointed



LEFT: RYAN BETH



in me," says Rachel Davidson, a Lillington, N.C.-based runner.

The solution: athlete tracking. If your cheer squad can anticipate your arrival at certain spots along the course, they can get there right on time.

#### **4** KEEP YOUR EYES ON THE PRIZE.

During the darker moments of any race, every runner has to dig deep to remind herself why she's out there. "I do not run to win; I run to finish. I know that I will not get an overall placing medal, or an agegroup medal, but a finish medal. I remind myself during a race that I run for me and no one else," says Colleen Kelley of Chicago.

In most cases, that's enough to get her over the finish line, but Kelley recently discovered a bigger incentive: "My most recent race was the Chicago Half Marathon, which I ran with Team Breakthrough, the American Brain Tumor Association's endurance team. I found it easier to finish, because I was racing for something bigger than myself or the medal."

#### **5** REMEMBER: DFL **BEATS DNF BEATS** DNS.

For those of us at the back, any race could, theoretically, be the one where we're the Last Official Finisher and come in Dead Frickin' Last.

Kirsten Case lived many racers' worst fear at last summer's HITS Twin Cities Triathlon, in Waconia. Minn. "I was the last finisher and it was well past the official cutoff time and I felt like a million bucks! To go from being scared to complete a 5K [run] to completing a 70.3 [triathlon] was an amazing journey. I will forever be proud of this LOF."



#### **BOP-Friendly Races**

Some events distinguish themselves by going the extra mile to welcome runners and walkers of every pace.

"The **Esprit de She runs and triathlons** are great," says Colleen Kelley. "They have great support and many runners encourage each other to finish strong."

**WHERE:** multiple locations **WHEN:** multiple dates espritdeshe.com

The Rock 'n' Roll Marathon and Half Marathon Series gets a big BOP thumbs up, thanks to well-stocked aid stations and generous course cutoffs (up to 4 hours in the half and 7 in the full for most races).

**WHERE:** multiple locations **WHEN:** multiple dates runrocknroll.com

Cincinatti's Flying Pig Marathon gets rave reviews for its tireless volunteers and bountiful cheer squads. Race director Iris Simpson Bush, her "pigscot," and 20 or so volunteers cheer in the last official finisher. One year they even waited almost 10 hours to do it!

WHERE: Cincinnati, OH **WHEN:** 5/1/16

flyingpigmarathon.com

"The Medoc Spring Trail Race is great. They start the BOPs in front and stagger the [start] times, so everyone gets a chance to be in front," says Rachel Davidson.

WHERE: Hollister, NC **WHEN:** 5/7/16

medocspringraces.com

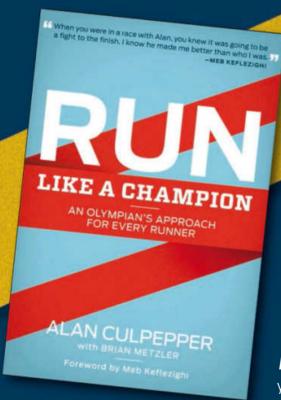
Roanoke's **Blue Ridge Half Marathon**, touted as America's toughest road half marathon for its brutal 3.600 feet of elevation change, seems like a counterintuitive choice, but a 7.5-hour half-marathon cutoff—same as for the full marathon—keeps the finish line buzzing: There's no lonely walk beneath the arch.

WHERE: Roanoke, VA **WHEN:** 6/16/16

blueridgemarathon.com

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# RYAN MATTHEW SMITH/STOCKSY.COM

# FUEL UP

{NUTRITION}



#### Natural Healer

Colds are no fun for anyone—and for runners they can sideline training, throwing a wrench into our race plans. Next time you feel a sniffle starting, brew yourself a cup of hot water with lemon juice, fresh ginger and a spoonful of honey. The National Institutes of Health Office of Dietary Supplements reports citrus may shorten the duration of your illness, while ginger fights nausea and honey soothes a cough.

#### FUEL UP {WE'RE OBSESSED}



I discovered **Wildbrine** when searching for new and yummy ways to incorporate healthy fermented foods into my diet. From salsa to kimchee, everything I've sampled from this brand has been a treat. My latest favorite is the **Brussel Kraut** (\$9. wildbrine.com), which is equally delicious straight out of the jar or as an accompaniment to grilled pork, sausages or roasted turkey. —Allison Pattillo, contributing gear editor



I'm obsessed with the sour taste of kombucha and the good bacteria never fail to soothe my sensitive stomach. However, buying single bottles isn't good for the environment or my budget. The solution? Kombucha Brooklyn Basic Home Brew Kit (\$45, kombuchabrooklyn.com), which has everything you need to brew 'buch' on the cheap and store it in reusable bottles. -Jessie Sebor, editor in chief

PROBIOTICS ARE GREAT FOR YOUR GUT. HERE ARE A FEW 'GOOD BACTERIA' DELIVERY **VESSELS THAT KEEP OUR** RUNNER BELLIES (AND OUR TASTE BUDS) HAPPY.



I start pretty much every morning with Greek yogurt, so the Yoplait Plenti Spiced Apple (\$1.60, plentiyogurt.com) is a no-brainer for me. The little zing of sugar, plus the probiotic benefits, make my out smile and my post-run smoothies taste that much better. Of course, I'm not only loving on spiced apple—the other seven flavors rock as well! —Caitlyn Pilkington, web editor



I started using Jarrow Formulas Jarro-Dophilus EPS (\$23, jarrow.com) about five years ago when my doctor told me I was experiencing symptoms veering toward irritable bowel syndrome. I've had so much success staying pain-free with these probiotics that I take them religiously every night. Note to stomach trouble sufferers: Staying hydrated is very helpful too! —Nicki Miller, *managing editor* 





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# NEVERMORE Will You Order the Wrong Item

Fast food doesn't have to be unhealthy. We turned to an expert to uncover some of the best choices you can make at big chains.

BY NICKI MILLER

hen you're looking for something quick to attack vour hunger, you can easily find yourself befuddled. Are there *any* options that are (at least somewhat!) healthy? Wendy Bazilian, a doctor of public health, registered dietitian and author of Eat Clean, Stay Lean, shares her top picks for fitting fast food into a diet that fuels your runs.

#### **Burger King** Order This: SOFT SERVE

At 160 calories with 4g protein, 4g fat and 130mg sodium, Bazilian says, this "provides a lot of satisfaction and some protein for reasonable 'treat calories." And, when paired with a small handful of nuts, it's a solid post-run snack. Hot Tip: When you're grabbing a goodie and fruit won't suffice, this choice is better than fries or cookies.

#### McDonald's

Order This: EGG MCMUFFIN

The classic sandwich has 300 calories with 17g protein, 750mg sodium, 4g fiber and is an excellent source of calcium! If you omit the Canadian bacon, you reduce the sodium by 230mg.

Hot Tip: "Skip the Egg White Delight McMuffin,"



Bazilian says. "You only save 50 calories, but the sodium is even higher than the original."

#### Sonic

#### **Order This:** JR. DELUXE BURGER

When you're craving a burger, this one has 360 calories, 15g protein, 20g fat, 500mg sodium (surprisingly modest for a burger!) and solid nutrition from the tomatoes, onions, pickles and lettuce.

Hot Tip: "Mayo is optional—so avoid it. I call it mayo-nightmare," says Bazilian. "The calories just add up too quickly." She also suggests ordering extra veggies.

#### Fries vs. Onion Rings

When choosing a deep-fried snack. go with the smallest serving and share it with a friend. Depending on the restaurant, the stats vary on which has fewer calories and less fat and sodium. At Sonic, choose fries, but at Burger King, go for the onion rings. Better yet: Apple slices are showing up on more and more menus.

#### Order Up

Here are Bazilian's top tips for increasing the health factor at any drive-thru lane or counter.

Burrito: Hold the rice and/or potato, since you've got the grain covered with the tortilla. Choose black beans. pico de gallo (salsa fresca), extra lettuce, tomatoes and other veggies. Instead of sour cream or any more than a sprinkle of cheese, go for avocado. You might also consider eating half!

Egg Sandwich: This is a pretty good choice for fast food. Sodium can get high with the ham or sausage, so consider omitting that. Try to pair with fruit, such as apple slices or a pre-made cup. Salad: "The dressing

Salad: "The dressing can make the salad in steep competition with the burger for calories if you're not careful." Bazilian says. Use less dressing or go for olive oil and vinegar or some citrus like lemon or orange. Sandwich: Whether it's a burger or a wrap, be careful about the size and quality of the ingredients. If you can get a wholegrain wrap, do it. Choose grilled meats

or veggie/hummus

with no mayo and

vegetables offered.

pile on any extra

# Subway Order This: DOUBLE CHICKEN CHOPPED SALAD

At 220 calories with 36g protein, 4.5g total fat, 480mg sodium, 4g fiber (good source), 50 percent of the daily value of both vitamins A and C (for skin, eyes, immune system and antioxidant functions), this salad has high protein for modest calories. Bazilian notes, "A lot of crunchy nutrition bang for the buck."

Hot Tip: These stats are without dressing. Think of a teaspoon of oil as about 45 calories and a tablespoon as 135.

# Taco Bell Order This: FRESCO BEAN BURRITO

With 350 calories, 13g protein, 9g fat, 1040mg sodium and 9g fiber (more than a third of the daily value), sodium is the issue here. "The rest is pretty great, considering it's fast and convenient," Bazilian says. "Balance by watching sodium during the rest of the day."

Hot Tip: If you order off the regular menu, ask for it "fresco style" to swap in pico de gallo instead of mayo, cheese and sour cream. This nutritional boost with tomatoes, onions and cilantro only has about 25 calories per 1/4 cup.

#### **Thirst Quenchers**

Bazilian suggests your next glass, cup or mug be filled with one of these.

Water: Never a bad idea for runners!
Coffee: Milk adds calcium and protein, but add your own sugar so you're not drinking a package of Skittles.

Unsweetened Ice Tea: With more flavor than water, a squeeze of lemon gives you a boost of

vitamin C.

Milk: For only 100 calories, a cup of low-fat milk (1 percent) offers 8g protein, calcium, potassium and vitamin D, and has staying power. Pair it with a small handful of nuts or a piece of chocolate.

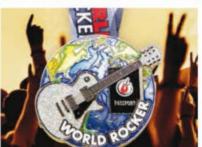




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# FRESHEN UP

[BEAUTY]









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# **Face Forward**

Running is already tough on skin, so why add insult to injury? Whether you are a chronic over-exfoliator, tend to fall asleep with your makeup on or find yourself using the hand soap on your cheeks in a pinch, we're here to help you kick your bad beauty habits. Follow our 11-step program for glowing, healthy skin.

BY MARISA WALKER



Cut Out the Cloth

"Using your hands. the old-fashioned way, is the easiest way to wash the face," says Dr. Marina Peredo, associate clinical professor of dermatology at Mount Sinai Hospital in New York City. If vou like washcloths. she advises using a clean one daily, since a wet cloth will harbor bacteria. For a handsfree approach, Peredo suggests a tool, such as the **Panasonic** Micro-Foaming Cleansing Device (\$250, beauty specialty stores), which includes a tapered-bristle brush to gently purify. (Bonus: It includes a pore-targeting silicone brush for areas like around the nose.)

Say No to Soap

Even in a jam, it's imperative to steer clear of soap, "Soap can dry the skin out, as well as cause irritation," says licensed aesthetician Edyta Jarosz from Manhattan Dermatology and Cosmetic Surgery in New York City. "The binders that hold a bar of soap together naturally have a higher pH than products that are formulated for cleaning the face." Instead, opt for a targeted bar, such as perennial favorite Dove Beauty Bar (\$3, drugstores); the moisturizer-based formula leaves skin clean but not sapped of its natural oils.

Stop Over-**Exfoliating** 

There's something about a serious scrub that feels amazing. but it can be too much of a good thing. "Over-exfoliating causes broken capillaries, irritations and rednessparticularly bad for those with rosacea or acne-prone skin." says Jarosz. "It can actually cause blemishes to spread." Jarosz recommends exfoliating once or twice a week. Choose a formula that scrubs and hydrates, like Naturopathica Oat

Cleansing Facial Polish (\$52, naturopathica. com), which exfoliates with jojoba while rehydrating with soothing oats.

Switch to a more hydrating moisturizer when the skin is sapped by dry air.

> **Change Your Tune on Toner**

While toners can give your face a fresh feeling, they aren't necessary, according to Peredo. "They were originally formulated to restore the skin's pH balance after cleansing with soap." There's no harm in using a mild toner, however, especially after a workout or during your nightly cleanse. Jarosz says, "If you wear a lot of makeup, it just helps ensure your cleanser didn't miss anything!"



**Use Astringent Only If Oily** 

"Astringents are for oily skin types," Peredo savs. "They help to remove excess sebum and often deliver ingredients such as salicylic acid to treat acne." Instead of an alcoholheavy brand, Peredo recommends using witch hazel. "a very natural astringent." When you find yourself with a breakout. reach for **Dickinson's** Witch Hazel Cleansing **Astringent Towelettes** (\$6, drugstores).



Don't Aim for **Squeaky Clean** 

Tight skin is not an indicator of clean (or healthy) skin. If your skin is dry—and in the winter, most of ours is-try the new oils. gels and milks. "These bind to the oils in your skin and makeup. and then rinse them away," Jarosz says. **Glo Therapeutics Essential Cleansing Oil** (\$29. gloprofessional. com) uses a powerful

blend of plant-based healthy oils and vitamin E. **Sustainable** Youth *Ultra Creamy* Cleansing Lotion (\$50. sustainablevouth.com) has antioxidant-rich cocoa seed butter and aloe vera.





**Wash After** Wiping

No gym bag is complete without cleansing wipes. However Jarosz advises, "Remember that the ingredients in wet packaged wipes do not get rinsed off." Adds Peredo. "Cleansing cloths remove makeup and dirt and are a good bet if you don't have access to water, but do not substitute for washing the face."

Mask in

Moderation

Applying a facial mask can feel like vou're taking an extra careful measure to purify vour skin. But only use a deep-cleansing or refining mask once per week. Jarosz warns, "Overuse of these could cause irritation and dryness. They are mostly recommended for oily skin." The black moor mud in Peter Thomas Roth Irish Moor Mud Purifying Black Mask (\$28, sephora.com) draws out dirt, oil and impurities as it infuses skin with moisture and vitamins.

Make PM Your **Priority** 

Your skin requires a little more love during your evening cleanse. Jarosz says, "At night the role of cleansing is two-fold: to remove dirt and pollutants from the day: and to address concerns, such as acne or aging," Peredo adds: "You can use a milder cleanser in the morning or just splash water." However, if you have acne-prone skin: "Wash with a medicated acne cleanser morning and evening. After a workout, use a purifying cleanser to remove excess oil and bacteria."

#### DOCTOR'S **ORDERS**

**Dermatologist** Marina Peredo offers advice for skin issues The best place to start? By reading the ingredients on the label.

If you have... **Adult Acne:** Use a cleanser that contains an AHA/BHA.

Rosacea/ Eczema: Go for a gentle cleanser rich in glycerin.

Hyperpiqmentation: A brightening cleanser that contains glycolic or kojic acid works best.

**Chapped Skin:** A rich, creamy cleanser will restore moisture.

**Mature Skin:** A cleanser that contains enzymes will

help cellular

turnover.

Blackheads: A cleanser formulated with salicylic acid will help keep pores clear.

**Oversize Pores:** An AHA/BHA cleanser will make pores look smaller.



**Never Miss** Moisturizer

Now that you've cleansed, top it off with a moisturizer to maintain the health of your skin's outer dermal laver, which works as nature's barrier against free radicals—they contribute to aging and damage. "Use a moisturizer appropriate for your skin type: Oil-free for acne-prone skin, hydrating for normal skin, and a rich moisturizer that contains ingredients such as shea butter for dry skin," Peredo says. Before applying a cream, massage a few drops of **The** Body Shop Oils of Life Intensely Revitalising Facial Oil (\$44. thebodyshop.com) to give skin a boost.

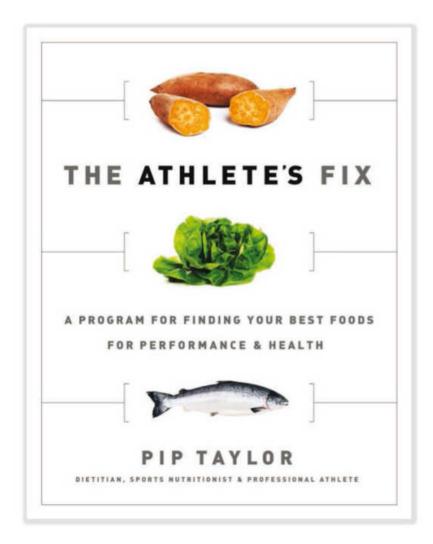
Seek Help From a Pro

Now you have an excuse to book that spa appointment: The doctor prescribed it! Peredo as well as Jarosz recommend monthly facials. Jarosz says, "It takes vour skin four weeks to move through the full life cycle of skin-cell growth and exfoliation; a facial helps that process along. The treatment will keep your skin clean, clear and toned."

# FEEL BETTER

# PERFORM BETTER

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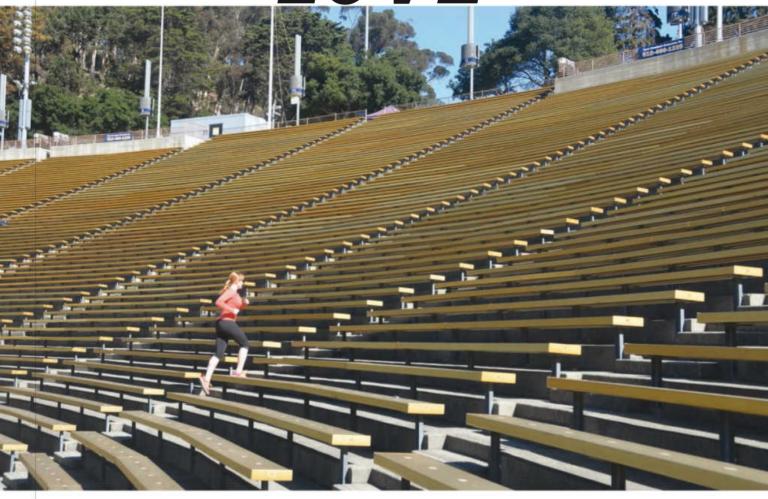
The Athlete's Fix will help you find your problem foods—and the foods that make you feel and perform your best.

Dietitian Pip Taylor offers a smart, three-step program to help you fuel workouts while isolating specific food intolerances. You'll improve your daily diet, cut out common irritants, then add back foods until you feel great enjoying your own personalized clean diet.

Feel better and perform better with The Athlete's Fix.



# AFTERBURNING LOVE



STOKE YOUR METABOLISM TO SHED UNHEALTHY POUNDS WITH THIS 5- TO 10-MINUTE TRICK FOR RUNNERS.

BY JESSIE SEBOR
PHOTOGRAPHY BY CRAIG CARPENTER & MIKE CHRISTMAN

#### AFTERBURNING LOVE

acking

on a mini workout to the end of vour run can make a huge

difference—especially if vou're a runner trying to lose weight. Trainers often use "finishers," bouts of short, intense exercise, as the finale of a sweat session, to help clients get in shape.

Why? Allie Burdick, ACE-certified personal trainer and founder of VitaTrain4Life. com, explains, "Excess post-exercise oxygen consumption, or 'afterburn,' describes the calories burned as your body recovers from a workout. The longer you burn depends on the intensity level."

In other words. high-intensity exercise stokes your metabolic fire. Unless you are completing a speed workout or tempo run, vou're not reaching a level that will encourage afterburn by running alone. (If you tried to do a tempo run every time your shoes hit the pavement, you might burn extra calories but you'd also burn out.)

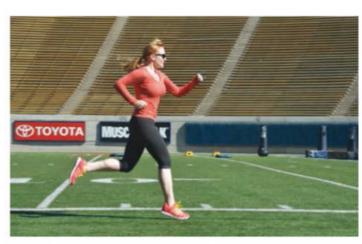
The solution? Use a few minutes after your run to test your body in a controlled way. The trick is to constantly try new challenges. Burdick says, "Because your body is so good at adapting, it's going to quickly catch on to these afterburns, so you have to keep mixing it up to fuel that fire."

#### WORKOUT GUIDELINES

Complete any one of these eight finishers after an easy or moderate run. Strength-training beginners should start with a single session per week, while more advanced athletes can perform one up to five times weekly. Burdick says, "Start conservatively and listen to your body. If you're overly sore or tired, back off." She notes that most runners will start to see results in three to four weeks.

## **SPRINT FINISH**

This one's easy. If you are going out for a normal run, start to pick up the pace in the last mile, accelerating gradually to an all-out sprint by the end.



**BURPEE FAIL** 

(A) Start standing tall. (B) Squat down to put your hands on the ground, (C) then jump your feet out behind you so your body is in a pushup position. (D) Complete one pushup then jump your feet back into your hands. (E) Now jump straight up as high as you can. That's one burpee. Push yourself to see how many you can complete without resting (aka until you "fail").

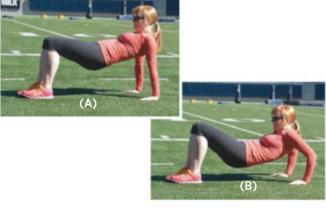


# **3** THIRTY-THIRTY

Complete 30 seconds of mountain climbers, followed immediately by 30 seconds of dips. *Repeat without rest for 3–5 minutes.* 



**Mountain climbers:** From a pushup position, lift your right knee toward your chest. Jump your feet to switch position so your left knee is up. Continue at a challenging pace.



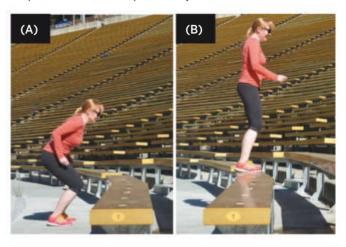
*Dips:* (A) In a tabletop position, (B) bend your elbows so you feel it in your triceps, and then return to the start position. Continue at a challenging pace.

**5**DOUBLE SQUAT
Complete (A)
10 regular
squats, followed
immediately by (B)
10 squat jumps
(pushing your body
off the ground
at the top of the
squat). Rest 10
seconds. Continue
this pattern for 3-5
minutes.



# 4 BENCH JUMP

Find a box, step or bench that's roughly 1–2 feet high. (A) Lower into a squat and (B) explosively jump onto the bench. Step back down and repeat. *Complete four sets of 20.* 





# 6 TRIPLE LUNGE

Complete (A) 10 walking lunges (5 each side, alternating legs), (B) 10 side lunges (5 each side, stepping out laterally while pressing your hips back as low as you can) and (C and D) 10 jumping lunges (5 on each side, alternating legs). Rest 20 seconds. *Continue this pattern for 3–5 minutes.* 

#### AFTERBURNING LOVE

STRIDE IT OUT After you finish your run, find a place to stand where there's a marker about 100 feet away (the end of a block, a tree, etc.). Sprint in a controlled way to this landmark. Rest for 20 seconds. Repeat a total of



# CIRCUIT WORK IT

six times.

This is one of the most versatile finishers. Anything goes. Burpees, mountain climbers, pushups, bench jumps, squats and lunges all fit the bill. Here are four more ideas with instructions. Complete 20 reps each of five different bodyweight exercises without resting between sets.

**▼ Tuck jumps:** Jump as high as you can, tucking your knees into your chest at the top of the jump.





▲ *High knees:* Sprint forward, driving one knee up to your chest with each stride. One stride on both legs equals one rep.

**▼ Frog jumps:** (A) Squat down with your knees pointing outward (like a plié), touching your hands to the ground. (B) From this position jump into the air as high as you can, with your arms up. That's one.







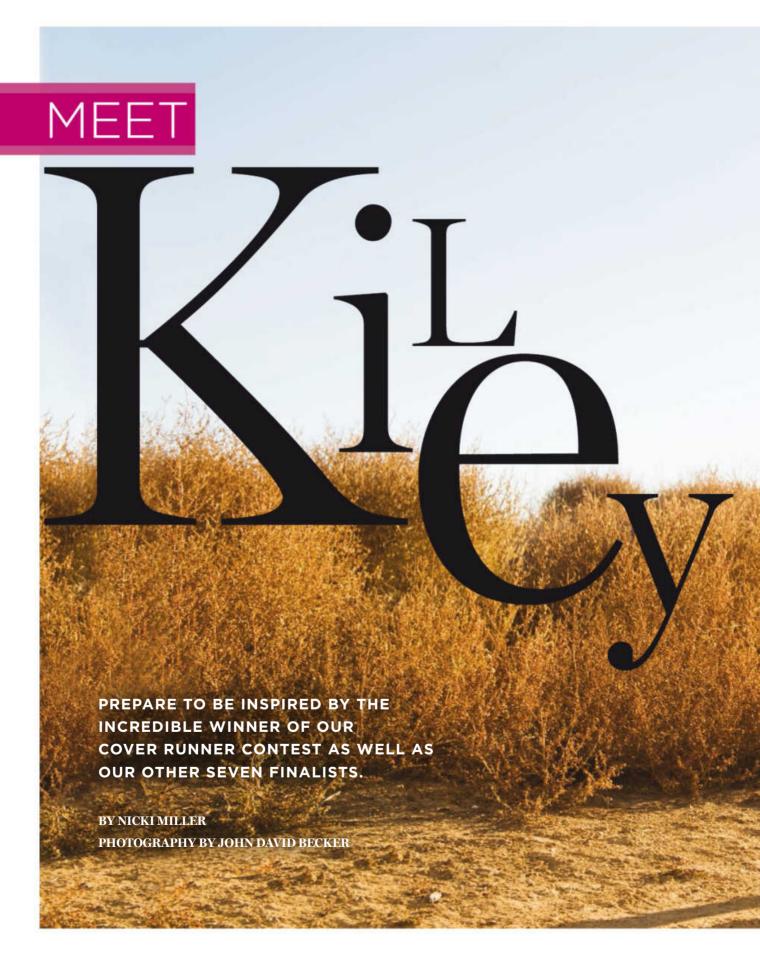
▲ Bodyweight deadlifts with hop: Stand on one leg. (A) Reach your lifted leg behind you, hinging your upper body forward until you form a T. (B) Drive this knee back toward your chest, hopping at the top of the movement. That's one rep. Do half your reps on one leg, then switch sides.

# LET'S GO COMMITMENT















#### >> At 8 years old. Kiley Lyall toed the line for her first race: the 4 x 400meter relay at the Special Olympics.

As the anchor, Kiley watched and waited as her three teammates ran their laps. By the time she received the baton, her team was in last place. In spite of never having raced before, Kiley tapped into her competitive instinct. She ran as fast as she could, passing every other runner before crossing the line in first place. That moment sparked a passion that has only grown stronger for the 24-year-old from the Chicago suburb of Bourbonnais, Ill.

She is used to telling this story, with the help of her mom, Kathleen, since Kiley's moderate autism can make verbalizing a challenge. When they tell the story, Kiley inserts some poker-faced humor for dramatic effect as her mom asks, "What medal did you win?" Kiley's response: "Bronze?" No, her mom says. "Silver?" No again. "Gold." Indeed.

Kiley lights up when people talk about running. But her sparkly eyes, with the longest possible eyelashes, bring a natural radiance to all kinds of conversations-whether about modeling for a photo shoot for a national magazine, or flipping tires as part of her strength training (no big deal), or acting in a recent stage production of "Bye Bye Birdie." Even when she sports a shy smile, it's clear that Kiley enjoys sharing her accomplishments, especially when she can inspire others.

#### IN THE CROWD

After Kiley's triumphant running debut at her local Special Olympics, she started running 5Ks to raise money

for organizations like her local children's hospital and the Makea-Wish Foundation. As Kilev got older, she upped her goals, both in terms of distance and positive impact. This fall, she ran her second Chicago Half Marathon for the Epilepsy Foundation.

Running hasn't always been easy though. Since she was about twoand-a-half, Kiley has struggled with epilepsy, which causes persistent head pain and life-threatening seizures. She also has mild cerebral palsy that affects her gait—but Kiley doesn't let any disorder define her.

"Most people would say, 'You know what, it's been a really crummy day. There's no way I'm going to run today.' We've had a lot of those days, where she struggles," Kathleen says. "She's still motivated to grab those shoes, so there's something in her about running that she loves."

Kiley explains it simply: "It makes your body feel good."

When Kiley's parents, Kathleen and Jay, talk about raising their daughter with special abilities, they explain that she hasn't been treated differently than her sisters, Mallory and Marissa. She does chores around the house, and Kilev isn't exempt from family jokes and playful ribbing.

Since Kiley started running, she's often the instigator in the household when it comes to fitness. Kathleen

says that the family has transformed their lifestyle to become more healthy thanks to Kiley. But while she aims to inspire, more than anything, Kilev likes to be part of the pack. She's happiest running with friends (some have started because of her) or other runners during a race.

"All she ever wanted to be was a runner. Not a special needs runner. Not anybody with a physical disability or cognitive—she just wants to be included and run with everybody else," Kathleen says. "That's what makes her happy is just being in that crowd of runners and just doing what she loves."

#### **DRIVE TO FINISH**

In 2014, Kilev set a goal to run her first half marathon. The training meant a lot more mileage, and Kathleen says it had a huge impact on her daughter's confidence, energy levels, speech and focus.

"Running has definitely changed our lives. We've met so many wonderful people along the wav—not only will they feed off of her, but she feeds off of them," says Kathleen, who also ran her first half with her daughter. "I just can't express the change in her in a vear's time."

Just a few years earlier, when Kiley was 18, she experienced complications that caused her to become dangerously ill. Seizures coupled with an inability to absorb nutrition caused massive



weight loss, fatigue and hair loss. During this time, the family feared for Kiley's life, never imagining she would be able to run again. But thanks to intravenous nutrition intervention and an implant to combat seizures, her health went on an upswing, and she started to regain her strength. "We got our girl back," Kathleen remembers through tears.

Once Kiley was well enough to train for 13.1 miles, it's no surprise she would "pay it forward" by running her first half to raise money for epilepsy research. She also became a key member of the Leukemia & Lymphoma Society's Team in Training, after friends invited her to attend weekly track workouts.

When the Lyalls first started attending the workouts, coach Marie Jarrell says, "Kiley was very quiet, head down, not really communicating with anyone." As time progressed, she went from quiet participant to expressive member—when Marie was fighting breast cancer during that season, Kiley made her a pink Build-a-Bear.

When half-marathon day arrived, it was hot—which can be tough for Kiley as high temperatures exacerbate her epilepsy. All went well until mile 10, when she had a seizure. Kiley told her mom she wanted to continue—and then experienced a second seizure just a mile later.

The race paramedics advised against continuing to run, but Kiley disagreed. Kathleen understood her daughter's drive to finish what they had trained for. They kept going and, luckily, no more seizures came. Marie had heard about the setbacks and met up with Kiley on the course, and they crossed the line together, holding hands.

"That's Kiley. That's how she gets through life," Kathleen says. "She just says, 'Okay, seizure's done, let's go."

Kathleen says running has allowed Kiley to tap into her inner strength—and for the two of them to deepen their relationship in a way she never thought possible. "With autism, you lose them. For the longest time, you try to connect and they're not there," she explains. "It came in bits and pieces, but it was probably just about a year ago when we did the half marathon that she started voicing her own opin-

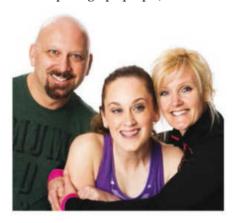
ions and her likes and her dislikes. She never did that before."

#### **COMING INTO HER OWN**

"Kiley is just a Renaissance woman," Marie says. "She does everything. She embraces everything."

In addition to running all kinds of races, including at the regoinal Special Olympics, Kiley competes in equestrian events and enjoys karate, kayaking, modeling and acting.

It wasn't until Kiley was 21 that her talent in photography was discovered after she brought a camera on a class trip to the Museum of Science and Industry. Kathleen called her teacher afterward to ask if anyone else had been taking pictures with it, because she was so surprised at the quality of the photos. Now she and her mom have Curlygrace Photography—Kiley loves to photograph people, and the



business experience has improved her social skills.

Kiley also works part-time at a beauty salon. Through a program to enable specially abled high-schoolers get work experience, she started by helping out with towels and sweeping. When the program ended, she graduated to greeting customers and answering the phone.

Because of her mild cerebral palsy, Kiley can't straighten her right leg and her foot turns in a little when she runs. This prompted her to start strength training at a local gym as well. The muscular development helps her body to overcome these limitations.

After the first half marathon, Kiley gave her mom a hard time about how tough it was, but that didn't stop her from wanting to do it again, so they returned to the Chicago Half Marathon

this year. On a cooler day, no seizures disrupted her 13.1-mile run, which she completed in 2 hours and 55 minutes.

At the finish, the medals were the size of dinner plates—perfect for Kiley, who loves her "bling," whether it's her bracelets, nose piercing or braces. They accent her sparkling eyes and smile when she shines in front of the camera.

#### **LOOKING AHEAD**

Because of Kiley's life-threatening seizures, she's a candidate for brain surgery that could happen this winter. She got a second implant last summer to reduce the length of the attacks, but she can still experience up to a dozen a day. After the surgery, it's possible she could be completely seizure-free. (If she has the operation, she'll need to shave her head, so of course, she wants to donate her beautiful, thick, wavy hair.)

Assuming a positive outcome, there could definitely be 26.2 miles in Kiley's future. She and her mom expect they will be fundraising with Team in Training officially in the future. Kiley has also expressed interest in doing an indoor triathlon.

When Kathleen and Kiley discuss the impact of winning this contest, they don't focus on their own family. "We've talked about what it's going to do to open doors," says Kathleen. "Our hope is to take this experience and move forward to help other families like ours enjoy what health and fitness and running has done for Kiley."

Kathleen has another business idea for her and Kiley: build an indoor sensory gym, where people with special abilities could engage in activities with their families. She says, "Maybe someday some of these individual athletes will become part of a huge inclusion movement at their schools in individual sports—where only their abilities are seen and not their disabilities!"

Kiley would also like to participate in the Special Olympic World Games. This summer when they were held in Los Angeles, she was one of the athletes chosen to run with the torch through Chicago. After watching the events on TV, Kiley's interest solidified, and she's focused on running a fast mile. Look out for more victories in the future for this amazing winner.

# Cover Runner Contest **Finalists**

When word of our contest went out over social media. we were inundated with more than 5.000 entries and nominations. Thank you to everyone for sharing your love of running and inspiring us in countless ways. It was not easy selecting eight finalists, but we think vou'll agree they prove there is no shortage of incredible women in our sport.



#### CHARLOTTE YOUNG BOWENS

University research administrator Ann Arbor, MI

"If loving to run is wrong, I don't want to be right."

This nearly 50-year-old grandmother of three, who loves the outdoors, rap and gospel music, completed a 50-mile race in September. Charlotte says her passion for running has turned her formerly obese body into a lean running machine. **Current goal:** Charlotte aspires to run her first 100-mile race in 2016.

Three words that describe you: Serendipitous, determined and mystical **How has running changed your life?** My story starts with walking on a treadmill for 2 minutes at 2 mph at the YMCA in Washington, D.C., back in 2000 when I weighed more than 300 pounds. The commitment to move on a daily basis with slow-yet-determined incremental increases in time, speed and/or distance turned into my capacity to run a half marathon within 6 months.

Proudest running accomplishment? The height of my running occurred in 2015 (weighing 170 pounds) when I decided to train for an ultra race—something I didn't even know existed a year before. Crossing the finish line of the 50-mile Woodstock Run was one of the most amazing moments of my life.



#### MFLISSA FARRUGGIA

Stay-at-home mom with two daughters Houston, TX

"When I run. I feel ALIVE!"

Missy is a rape survivor who is overcoming her trauma, with the help of running, and sharing her story with other

How has running changed your life? was raped several years ago, leaving me with a dislocated hip and walking with a cane. I became depressed, gained weight and was in constant pain. I decided that my attacker was not going to take any more from me. I put my running shoes back on! With every mile I ran. I took back my strength, my confidence and my happiness. I lost 110 pounds and ran my first half marathon in November. I am strong. I am a survivor. I am a runner! What was it like to be a finalist? One woman I met told me how she was

assaulted when she was a little girl; she said she had never told anyone before because she didn't think anyone would believe her. I told her that I believe her. and we held each other and cried. She is now training for her first 5K!

How has running affected your family? I love running with my husband, and in 2014 our two beautiful daughters started running with us. Our 7-year-old is deaf and has run four 5Ks and our 5-year-old has run two. They are my heroes! I can't imagine my life without them, so I recently gave birth as a surrogate and helped make a beautiful family—their little girl just turned 1 and loves her running shoes.



#### AMFIIA GAPIN

Software engineer Jersey City, NJ

"I've started runs feeling on the verge of suicide and by the end had a huge smile on my face and saw nothing but the beauty in the world."

Amelia is a transgender marathon runner and activist.

How has running changed your life?

When I was transitioning, running was a safe place to process both the ups and downs of it all. Running has always been there for me as an escape from my depression. It's brought me peace and bliss when I most needed it.

What don't people realize about transgender athletes? A lot of people think transgender women have an advantage in athletics—but science doesn't support that conclusion. If transgender women had an advantage, you would see us dominating over our cisgender counterparts, but this simply isn't happening. I am slower compared to other women now than I was compared to men before I transitioned.

How did transitioning affect your running? I added over a half hour to my marathon time. I knew that ridding my body of testosterone was going to have a huge effect on my body's ability to maintain muscle mass and strength. I knew I was going to be slower, but not this much slower. I have to work twice as hard to make small gains.

Your ultimate run? My ideal run is 8 miles during a big summer rain storm. Not only does the rain pouring down on my body feel great, but it feels like it's just me out there, alone with myself. It's where I get my best therapy.



CHFRYI HILF University fund manager San Diego, CA

"Do what I can and never give up!"

Cheryl has run more than 30 marathons since her diagnosis of multiple sclerosis (MS) in 2006 and wants to encourage others to never give up.

How has running changed your life? Shortly after being diagnosed with MS. I started tripping and falling while running. I learned it was drop foot, a common condition of MS. My doctor told me to "lower my expectations," which did not sit well with me. I found an orthotist to build a carbon ankle-foot orthotic so I could continue running. I have set a new goal to be the first person with MS to run seven marathons on seven continents in 12 months, and raise money for the National Multiple Sclerosis Society. Your ultimate run? Forty-five degrees and cloudy, because heat heightens my MS symptoms, like nerve pain. I recently ran a marathon in 80-degree weather. My

Favorite running gear? My ankle-foot orthotic (AFO). I cannot run without it. The AFO holds my foot up at a 6-degree angle, so I no longer trip. My first run was maybe 0.2 miles. That was as far as I could go. It was that hard. Running made me a very determined person, which makes me better at coping with MS setbacks.

right butt cheek kept buzzing. I thought

I was having an MS exacerbation. I later

realized it was just my phone texting me

with my 5K splits!



TATSIANA KHVITSKO

**Graduate student** Kansas City, MO

"Cherish every mile, because there is someone who can't run at all, no matter how much they try!"

From Belarus, Tatsiana is a congenital double amputee (due to the Chernoby) nuclear accident) with a passion for running.

How has running changed your life? I've always been an amputee and never knew what it's like to run until four years ago. When I put on those running blades, I was running so fast—I felt like I was flying! Running gave me confidence, because I couldn't hide my blades under pants. It made me realize that I am stronger and unstoppable.

What is it like to run on blades? I love being an amputee runner and showing abled-bodied runners what I am capable of doing—but also I love showing disabled-bodied athletes that it's possible to run with one or more prostheses. I am not the fastest, I am not the slowest—I am just a proud runner!

**Your ultimate run?** To run with no pain! Haha! My running journey isn't easy at all. but I wouldn't change anything.

What's your speed philosophy? Don't get upset if your time isn't as fast as others. Remember, a 5K in 19 minutes and a 5K in 30 minutes are both a 5K.



#### DAVINA MCNANFY

Stay-at-home mom with two daughters Medway, MA

"Life is going to throw curveballs. You can be knocked down by them and never get back up. or you can rise above. If a goal scares you to death, then you've set the bar properly."

Davina is a wife, mother, ultrarunner. philanthropist and cancer survivor who celebrated by running 470 miles across four states last summer to raise more than \$23,000 for the Breast Cancer Research

How has running changed your life? don't just run for myself. I run to inspire others and encourage excitement for a cause. It brings more meaning to my goals rather than just running for a PR.

What did you learn from fighting breast cancer? My advice to other women is please get your mammograms, stay on top of your health and know your risk. If that difficult day comes when you are told you have breast cancer (the reality for one in eight women), realize that you do not have to struggle alone. The breast cancer survivor community is very supportive. Your ultimate run? I love getting to a state-line sign and realizing that I crossed the entire state one foot strike after the other. My ideal run takes me from one place in my life to another. I will not stop

until the ability is taken from me. Favorite running gear? Injinji toe socks and Trail Toes Anti-Friction Cream save my feet from excruciating blisters.



CAT OGLF **Graduate student and veterinarian** technician Calimesa, CA

"When I run, I feel free."

Cat is a doctor of veterinary medicine candidate at Colorado State University who has combated anorexia and finished her first 50-miler this year.

How has running changed your life? A few years ago, I suffered from a severe eating disorder and ended up spending six weeks in a hospital fighting for my life. Once I reached a healthy weight and started working on my personal demons, I found running as a way to calm my mind. It has been a constant motivator to stay healthy so I can run strong.

What did you learn from struggling with anorexia? One thing I learned is to simply confront everything head on. I buried the sexual assault I experienced as a child, telling absolutely no one, and it manifested itself into a full-blown eating disorder that literally almost killed me. My intention with being so open is to bring awareness to this very real issue and to realize that eating disorders linked to sexual assault happen more often than the majority of us realize.

Your ultimate run? On a mountain trail with a ton of climbing and a ton of miles. I would want my fiancé, Derek, and our ultrarunning friends there—and of course my malamute mix, Pheidippides.

IS THE CITY OF ANGELS HEAVEN FOR RUNNERS? SOME OF THE FASTEST MARATHONERS IN THE COUNTRY SHARE SEVEN SPOTS TO SEEK SWEATY SANCTUARY.

BY JESSIE SEBOR

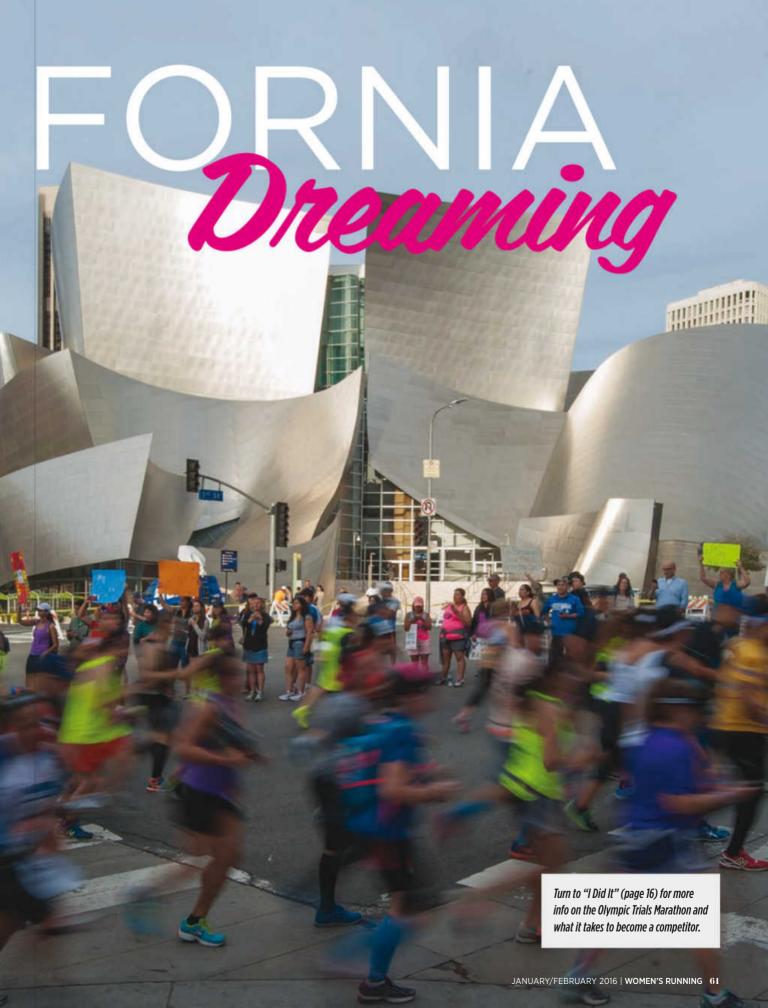
etter known for poolside parties and terrible traffic than fresh air and open trails, Los Angeles might not seem like a runner's paradise. But for native An-

gelenos who like to sweat, the fact that the city's running culture is hidden is part of its charm. "A lot of people think LA is just cement, cement, cement," explains runner Katja Goldring. "But if you drive 10 minutes, you can get to cool trails, the forest or the beach. That's what I love about LA. If you look a little hard, you find almost anything."

On Feb. 13, however, running will take center stage when the city plays host to the Olympic Trials Marathon for the first time in history. The fastest long-distance runners in the country will battle it out for 26.2 miles through downtown LA. The stakes couldn't be higher, as the first three runners to cross the line will punch their tickets to the 2016 Summer Olympics in Rio de Janeiro.

Of the more than 180 competitors, a small handful train year-round in the City of Angels, proving that the gritty streets can be excellent grounds for race prep. Goldring, herself a trials qualifier, says, "I set a big goal making it to the trials. Now getting to run it in a city I love is very exciting." We found out from Goldring and a few of her fellow qualifiers where the fastest women in LA go to get even faster.





# CLOCKWISE FROM LEFT: ANNA BRYUKHANOVA/ISTOCK.COM; BGWALKER/ISTOCK.COM; MATT MARRIOTT/LOS ANGELES TOURISIM & CONVENTION BOARD

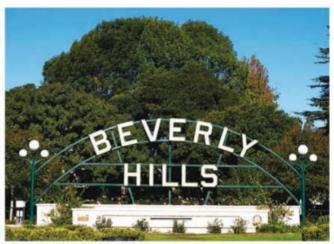
#### Palisades Park

With both a paved path and a pat-dirt trail. this park delivers a little bit of running bliss in the heart of Santa Monica, a beachfront area in West LA. Olympic bronze medalist Deena Kastor spent many mornings exploring the city on foot when her husband acted as race director for the LA Marathon. She says the beauty of this park is "looking over the sandstone bluffs to the Pacific Ocean, where you see boats, helicopters and, if vou're lucky, a school of dolphins," Kastor recommends running north toward San Vicente Boulevard and sprinting the Santa Monica stairs if you're up for a challenge.



#### 2 / WEST COVINA

Located about 19 miles east of downtown, this independent city in Los Angeles County is a favorite training spot for Lenore Moreno, who qualified for the trials by winning the 2015 Rock 'n' Roll San Diego Marathon in 2 hours, 41 minutes. "I love it because it feels so safe here," she says. West Covina also happens to be Moreno's hometown, but she would enjoy running there regardless. Head to the 7-mile Ballona Creek Bike Path and you'll find "plenty of joggers and people just out exercising," Moreno says. "I feel they are the ones who motivate me to keep me going. They are the ones inspiring me."



3 / Beverly Hills

Twenty-two-year-old Emily Gordon surprised herself when she ran her very first marathon on minimal mileage (she was focusing on triathlons at the time) and finished in an incredible time of 2:51. After the breakthrough performance. Gordon has focused more on running and gravitates toward this chic neighborhood to pound out the miles. "On the roads, people are friendly and supportive," she says. "I love being able to wave hello or exchange words of encouragement with fellow runners."



### **GRIFFITH PARK**

One of the largest urban parks in North America, Griffith started as an ostrich park in the 1890s, but the birds have been replaced by flocks of runners trotting along the trails each day. Goldring calls the park her "hands-down favorite place," and Kastor adds, "There are so many miles [53!] making up this iconic park where you can see the Hollywood sign and the observatory." Be ready for a challenge—the inclines are a grind—and bring your credit card to grab a post-run coconut scone from the lovely Trails Café.

#### 5 / ROSE BOWL LOOP

You don't have to be a football fan to enjoy this lovely stadium. A 3-mile trail circles the perimeter, making it a great spot for a short run or long tempo work. Kastor



says this particular spot is great for people watching or "dog admiring." She adds, "I love taking in the variety of personalities that make up the city."



### 6/ SANTA MONICA MOUNTAINS

Home to Griffith Park and a go-to training spot for runners looking for rugged terrain, this National Recreation Area offers 150,000 acres of trails. Goldring says she did the bulk of her training here before posting a 2:40 finish time at California International Marathon in December 2014. If you're marathon training, you can certainly go long by heading out on the park's 65-mile Backbone Trail—listen to your lungs scream on the 4-mile climb up Boney Mountain.



# 7 / DRAKE STADIUM AT UCLA Gordon and Goldring, both UCLA

grads, cite the university as a solid spot to work on speed. The stadium's Mondo track surface encourages turnover, the grass on Marshall Field is perfect for barefoot strides and the bleachers allow for some solid cross-training. Check the UCLA website before making the drive, as the track is only open to the public during certain hours.

#### **FAST FINISH**

These Olympic Trials-bound women share their first marathon memories.

#### 1) Katja Goldring, 25, West LA First Marathon: Los Angeles



I'm LA through and through. I grew up there and went to public schools. When I was in middle school, the city had this really cool program called "Students Run LA." It's a program for kids—mostly in inner-city

schools—that gives students shoes and pays for their entry to local races. I did it when I was 12 and signed up for the LA Marathon. It's funny because I was not a runner at all! I was a soccer player at the time. I don't know if I would say I "ran" the race, but I finished!

#### 2) Emily Gordon, 22, Westwood Village First Marathon: Nike Women's San Francisco



I spent the summer before the race training heavily for triathlon. My team was going to the race together and it was the same price to run the full or half, so I figured I would get my money's worth. I remember taking

off, concerned I was running too fast. Around 13 miles, I caught up with one of my teammates. She said, "Pass me and you'll be in third." I was blown away. I picked it up and soon passed the first-place girl who was with the lead cyclist. I was about to chat with him. He told me to shut up and run faster! I was able to pass the male who was leading the race to be the first one across the line.

#### **3) Deena Kastor**, 43, Mammoth Lakes First Marathon: New York City



I chose New York because I wanted to have a great experience without the expectation of posting a fast time. It was unfortunate that the events of 9/11 happened while I was training for it, but spectacular that the city

revitalized itself to host the world for the marathon. It was an emotional and patriotic day for the racers and the city itself—the starting line abuzz with anxious runners, but not without notice of the empty space in the NY skyline. The finish line was intoxicating and gave me the hook to continue to seek progress in the marathon distance.

#### 4) Lenore Moreno, 25, West Covina First Marathon: Rock 'n' Roll San Diego



Being that it was my first marathon, I never practiced how to refuel during the race. I was so scared to grab some sort of gel and ruin my chances by getting sick, so I felt pretty crappy come miles 20 to 26. That was a huge

mistake! I thought for sure I wouldn't have a chance at making the qualifying standard. However, coming down the last half mile I could see the clock. I couldn't believe it! I said a quick prayer in my head, giving thanks to the Lord and crossed the finish line in tears of joy!



o tummy troubles ever get in the way of your run? Pip Taylor knows the feeling. The sports nutritionist and professional triathlete battled GI issues for years—a struggle that prompted her to write *The Athlete's* Fix. In her new book, Taylor outlines a three-step

Fix. In her new book, Taylor outlines a three-step program to "identify food intolerances, navigate popular special diets and develop your own customized clean diet that will support better

health and performance."

A common issues for athletes is fueling during exercise. Sport foods often trigger symptoms of intolerances, because they are consumed when you are most vulnerable—during exercise. You are dehydrated and blood is pulled away from your stomach and intestines, so that it can support working muscles. If these problems sound all too familiar, these excerpts and recipes from Taylor's book can help you tame your pesky gut.

#### TUMMY TROUBLESHOOTING

Try these tips on race day if your stomach has issues digesting while you sweat.

- For very short races (less than 30 minutes), try a real sugar mouthwash (artificial sweeteners don't work). Swish and spit. Studies show you'll get a boost and your gut will never know what didn't hit it
- For short races (less than 1 hour), the sugar mouthwash is still a good idea. Or you could simply not eat in the hour beforehand. Stick with water and only consume calories if the energy demands of your event truly require it.
- For short to medium races (1–2 hours), fuel up 2–3 hours beforehand. This timing gives your body plenty of time to process foods normally.
- For longer races (2-plus hours), chances are you'll need to eat something. Stick with real foods, if you can. If whole foods are too bulky, sports foods might be the better energy source. Key workouts give you the opportunity to confirm which sports foods and energy drinks agree with you. Remember that all sports foods require a lot of water to digest them, even if you are tolerant of those foods.

# A Smart Approach to Sports Foods

What are sports foods? I define sports food as electrolyte and energy drinks, whey and other protein powder drinks and shakes, recovery bars, energy bars, gels and chews—anything that is designed and marketed for use before, during or after sport. But they also can include other packaged foods, such as granola bars or protein bars.

Thanks to good marketing and the lithe, fit athletes who serve as the products' ambassadors, sports foods have a halo of fitness and health around them. In reality, most sports foods are not very different from a candy bar or soda in terms of their impact on the body. Most sports drinks contain 10 teaspoons of sugar, and bars, gels and sports chews or blocks typically pack in over 20 grams of sugar.

To be clear, sports foods have a time and place, and the intention of this book is not to necessarily eliminate all sports foods from an athlete's diet. Clearly they can be of benefit; they are packaged for convenience, and it is difficult in some scenarios to replicate this ease of use. I too turn to regular sports foods at times. However, before the recent advent of sports-specific foods, athletes were able to compete and fuel successfully, and many continue to do so eating just real whole foods.

There have also been scientific studies conducted showing that foods such as raisins and bananas are equally good in terms of performance when compared to sports drinks or gels. Do you *need* to use sports foods and drinks? Absolutely not. Can sports food products still be a healthy solution for someone with food intolerances? Yes.

If you choose to use sports-specific foods, your approach should be considered, planned and purposeful. Sports foods are very compact and energy dense, meaning they are easy to get down and don't fill you up. That is an advantage in training and racing but detrimental in just about any other situation. This is why it's easy to overcompensate if you're not careful. Don't double up—if you think you need a post-workout recovery shake. don't then also head home to a full plate of dinner. Problems enter in when you are eating these foods indiscriminately, when they make up a significant part of your caloric intake and when you use them daily. It can become very easy to rely on sports foods for their convenience and to let them creep into other parts of your life.

If you have identified a food intolerance, don't think that you can ignore it when it comes to your fueling strategy. Sports drinks and other foods can be rich sources of fructose, gluten, lactose and other food-intolerance culprits. Even if you might be able to eat a sports bar as an afternoon snack with no consequences, that same bar during exercise might push you over your own threshold and cause GI distress.

#### FUEL BETTER TO FEEL BETTER

#### **DIY SPORTS DRINK**

Here's an alternative to your regular sports drink—a little lighter and a lot more natural. The ratio of sugar and salt is based on the World Health Organization's recommendation for hydration solutions: 3.5 grams of carbohydrate per 100 milliliters. Serves 2

- 2 cups water or coconut water
- ½ tsp. sea salt
- 4 tsp. honey or white granulated sugar
- 1 large slice lemon or lime

#### DIRECTIONS

**Mix** all ingredients together well, **pour** into water bottles, and **chill** until you are ready to go.



#### Q: Why do I have gas, bloating and other GI issues when I eat sports foods and drinks?

**A:** When we eat foods containing carbohydrates, a portion is not absorbed or digested in the small intestine and instead passes right on through to the large intestine, where it ferments and produces short-chain fatty acids and gas. This is a normal process that occurs in everyone. In fact, the short-chain fatty acids are an important part of a healthy digestive system, because they provide fuel for gut bacteria and help protect the lining of the intestines.

However, in some people, certain carbohydrates can lead to symptoms such as bloating, gas, distension, abdominal discomfort and either diarrhea or constipation or a mix of both. The types of carbohydrates that are most commonly malabsorbed in the intestine are known as FODMAPs, and fructose is an example of one that's prevalent in sports foods. Under normal circumstances, fructose is absorbed through the gut wall and transported to the liver for processing. Sometimes a particular protein needed for this normal digestion is missing, and fructose sugars end up in the large intestine instead. Here they ferment, producing gas with bloating, diarrhea, flatulence and the urgency to rush to a bathroom.

Some degree of fructose malabsorption may be present in as much as 30 to 40 percent of the population. When you consider that sports foods and drinks often use fructose as a carbohydrate source, they could potentially be of concern for many athletes and to blame for some instances of GI distress.



## SWEET POTATO CHOCOLATE CHIP COOKIES

Use leftover roasted sweet potatoes to make these tasty fuel-up cookies or simply steam peeled sweet potato chunks in the microwave, then mash well or purée and let cool. *Makes about 12 cookies* 

1½ cups sweet potato, cooked and mashed

½ cup coconut flour

1/4 cup coconut oil, melted

1 Tbsp. palm sugar or maple syrup

2 eggs, lightly beaten

½ tsp. ground cloves

½ tsp. ground nutmeg

½ tsp. ground ginger

1 tsp. cinnamon

1 tsp. baking soda

½ tsp. sea salt

½ cup dark chocolate chips (at least 70 percent cacao) DIRECTIONS

Preheat oven to 350. Line a baking sheet with parchment paper. In a large bowl, mix all of the ingredients except chocolate chips, stirring until well combined. The dough should be thick but smooth. **Fold** in the chocolate chips until evenly distributed. Place spoonfuls of the dough on the prepared cookie sheet, pressing down on the top of each cookie slightly with your thumb or the back of the spoon. Bake until golden, about 20-30 minutes. Cool on the baking sheet. Store cookies in an airtight container in the refrigerator for up to 5 days.

- <sup>2</sup>/<sub>3</sub> cup shredded coconut, unsweetened
- 2 Tbsp. pure unsweetened cocoa powder
- <sup>2</sup>/<sub>3</sub> cup almond flour
- 1 Tbsp. coconut oil, melted

#### DIRECTIONS

**Put** all ingredients into a food processor and **blend** until well combined and sticky. **Shape** the mixture into bites by rolling into balls or pressing into a greased ice tray. **Store** in the fridge in an airtight container for up to 7 days.





#### **FRUIT & NUT BARS**

Change up this recipe to make these energy bars your own: Use different varieties of dried fruit (apricots, dates or tart cherries), add some orange zest or step up the spices. Instead of bars, you can roll the mixture into small balls (makes 48) before storing in the refrigerator; if desired, roll in some extra dried coconut to stop them from sticking together. *Makes 16 bars* 

- 1⅓ cups dried figs
- 1⅓ cups prunes
- 1⅓ cups dried cranberries, unsweetened
- 1 cup shredded coconut, unsweetened
- 1½ cups almond flour
- 1 tsp. cinnamon
- 1 tsp. ground ginger
- ½ tsp. ground nutmeg
- 2 tsp. allspice
- 1½ cups puffed rice

#### DIRECTIONS

In a large food processor, **combine** figs, prunes, cranberries, coconut. almond flour and spices. **Mix** on high until the fruit is mashed up and the ingredients are thoroughly combined. **Turn** the speed to low and **mix** in the puffed rice-some of it will get chopped up, but the aim is to keep the pieces whole and just distributed throughout the sticky mixture. If your food processor doesn't have a low setting. mix in the puffed rice by hand. Press the mixture into a parchment-lined pan and store in the fridge to set. Cut into small pieces and store in an airtight container in the refrigerator for up to 10 days.



#### **PROTEIN-PACKED CREPES**

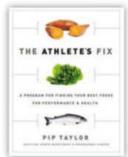
Crepes make a great high-energy training snack—simply spread on almond butter and sliced banana or raisins and roll up. Because they taste so good warm, you might also try these crepes straight off the griddle.

Makes 8 small crepes

- 4 eggs, lightly beaten
- 1 cup coconut milk or almond milk
- ½ cup tapioca flour
- ½ cup almond flour
- ½ tsp. gluten-free baking powder Pinch of sea salt
- 1 Tbsp. coconut oil

DIRECTIONS

Combine all ingredients except coconut oil in a large bowl, whisking well to remove any lumps and combine thoroughly. Heat a small amount of coconut oil in a skillet set over medium heat. Add the batter to the pan ¼ cup at a time, tilting the pan gently to spread the mixture. Cook until the edges start to set, then flip and cook on the other side for another 1–2 minutes. Transfer the finished crepe onto a wire rack to cool while you cook the remainder of the batter. If needed, add a little more oil to the pan each time. Spread on your favorite fillings, such as almond butter and banana, then roll up and serve, or wrap tightly in plastic wrap and refrigerate.



Republished with permission of Velo-Press from *The Athlete's Fix*, Pip Taylor's three-step program to help athletes identify their problem foods and find the foods that make them feel and perform best. Get started at theathletesfix.net.

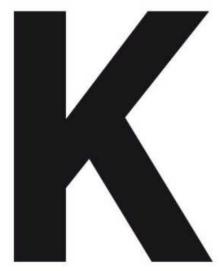












NOW HOW TO KNOCK OUT TWO NEW YEAR'S RESOLU-TIONS WITH ONE STONE? Run your first 5K! Losing a few extra pounds and toeing the line at your first road race are two popular goals that can be accomplished together in the first few months of 2016. With a little discipline, and this training plan, you too can call yourself a 5Ker and show up on race day a little lighter.

Running tops the list as the best calorie-burning aerobic activity. It gives the most bang for your buck compared to other aerobic pursuits. You'll also see your energy levels increase and your muscles become stronger and more defined. More energy and added muscle equates to a nice metabolism boost, even when you are sitting on your butt.

### STAYING MOTIVATED

What usually starts with a bang can sometimes fizzle a bit as the training progresses. Follow these six tips to keep your enthusiasm high.

### 1. SIGNED, SEALED AND DELIVERED

Make a commitment to a local 5K by officially registering for it. Don't wait until race day, when silly excuses not to run suddenly sound reasonable.

### 2. RUN WITH PURPOSE

There are many worthy causes to support or people to run in honor or memory of. Make the training and race about more than yourself.

### 3. GROUP EFFORT

Find a friend to join the fun. If a local group or buddy isn't available, consider seeking out an online community for support and encouragement.

### 4. REWARD YOURSELF

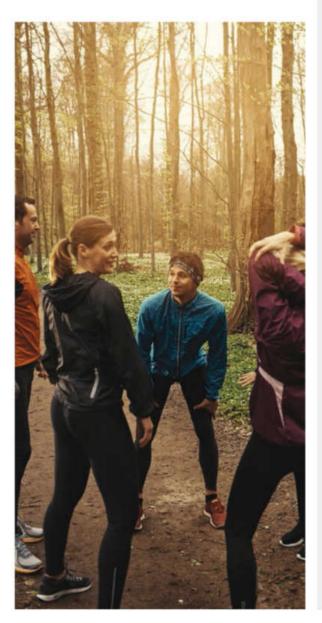
Every two weeks of consistent training give yourself a reward: a new pair of running socks, a massage or some new tunes on your playlist. Be creative!

### 5. KEEP TRACK

Use a written or online running log to note your daily activities. Nothing is as motivating as seeing the miles pile up. Good choices for apps are Strava and MapMyRun.

### 6. EYE THE PRIZE

Put your race registration on the fridge along with your training plan. Strategically post notes with your goals, intentions or other positive affirmations around the house, office and car.



### **Nutrition Tips**

A successful weight-loss program includes good nutrition along with a solid and consistent running plan. Here are six tips to help you kick-start an effective eating plan.

### 1. Keep It Real

Choose whole foods like fruits and veggies as well as whole grains. The less the food has been processed, the better.

### 2. Spice It Up

Adding a little chili powder or pepper flakes to your meals is said to reduce appetite and boost calorie burn.

### 3. Drink Up

Stay hydrated. If you do nothing else, drink at least eight or more glasses of water

a day to keep you full while flushing toxins.

Green tea is a good hydrator also known to control hunger and help burn calories.

### 4. Don't Reward Running With Sweets

One cookie can easily wipe out the calorie deficit your morning run created. Find alternative ways to celebrate your efforts.

### 5. Think Before You Eat

Think: Food is fuel. Ask yourself if you are fueling for a healthy body or sabotaging your goals.

### 6. Log Your Meals

But unlike the typical food log, make note of the meal you plan to have before you eat it, so you can make changes before it's too late.

## 8-Week 5K **Training Plan**

This eight-week plan assumes you are comfortable walking at least 30 minutes at a stretch. A foundation of two or more weeks of consistent walking, prior to starting, is recommended. The training plan builds vour endurance in a run/ walk fashion to ensure



you'll be able to cover the 3.1-mile distance on race day. If running longer stretches, like a full mile, scares you a bit, don't worry! The plan allows for as much walking as needed to let you personalize how you increase your endurance. So, lace up your kicks and set your sights on becoming a lean, mean 5K running machine. \*All run segments may be accomplished using a walk/run strategy.

### RUN/WALK PROGRESSION

Slowly build your ability to run more and walk less by race day. You are also free to maintain whatever run/walk interval is comfortable to you throughout training and during the 5K event.

WEEK	EEK RUN/WALK BREAKDOWN				
1	1 min run + 2-4 min walk				
2	2 min run + 2-4 min walk				
3	3 min run + 1–3 min walk				
4	4 min run + 1-3 min walk				
5	6 min run + 1-2 min walk				
6	8 min run + 1-2 min walk				
7	10 min run + 1–2 min walk				
8	10 min run + 1 min walk				

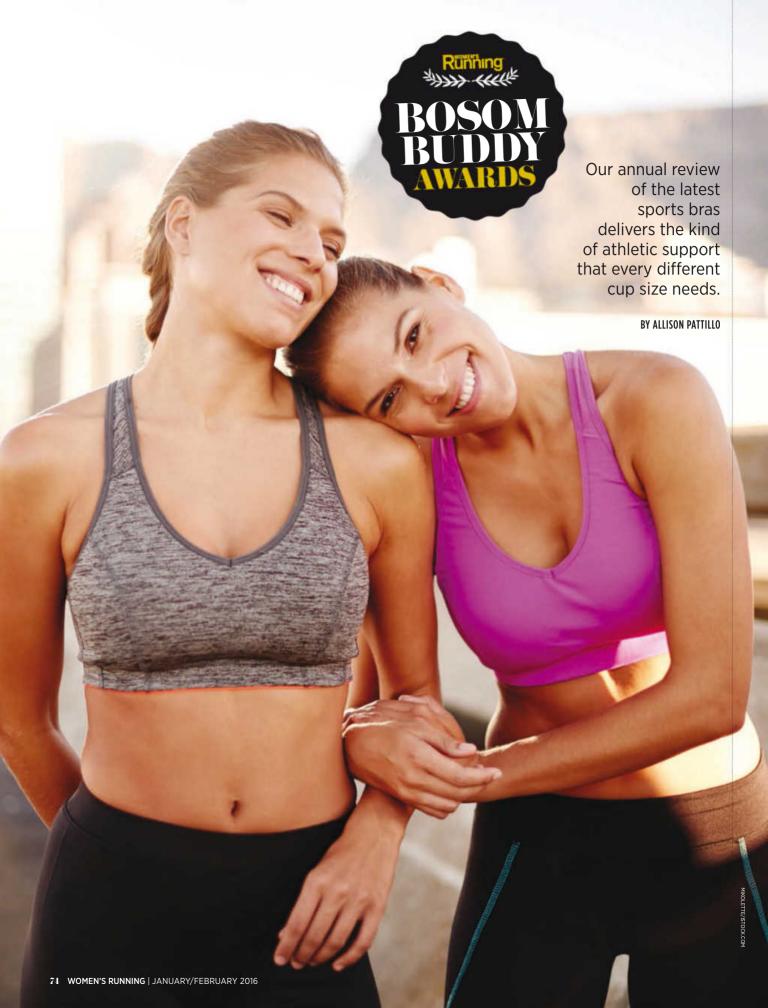
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1-mile W 1-mile R*	Off or XT	1-mile W 1-mile R	Off or XT	1-mile W 1-mile R	½-mile W 1½-mile R	Off
2	1-mile W 1-mile R	Off or XT	½-mile W 1½-mile R	Off or XT	1-mile W 1-mile R	1-mile W 1½-mile R	Off
3	½-mile W 1½-mile R	Off or XT	1-mile W 1½-mile R	Off or XT	½-mile W 1½-mile R	½-mile W 2-mile R	Off
4	1-mile W 1½-mile R	Off or XT	½-mile W 2-mile R	Off or XT	1-mile W 1½-mile R	1-mile W 2-mile R	Off
5	½-mile W 2-mile R	Off or XT	1-mile W 2-mile R	Off or XT	½-mile W 2-mile R	½-mile W 2½-mile R	Off
6	1-mile W 2-mile R	Off or XT	½-mile W 2½-mile R	Off or XT	1-mile W 2-mile R	3-mile R	Off
7	½-mile W 2½-mile R	Off or XT	3-mile R	Off or XT	½-mile W 2½-mile R	3-mile R	Off
8	3-mile R	Off or XT	2-mile R	Off	1-mile R or off	5K!	Wear your medal and T-shirt all day!

R (run): Run segments should feel relaxed. Try to maintain a fairly comfortable and sustainable pace. Breathing, while faster than when walking, shouldn't be too labored. The right pace allows you to be able to hold a conversation with your running buddy. Runs listed do not have to be completed as a nonstop run. You can slowly build your running endurance by using a run/ walk strategy. For example, instead of running a full mile nonstop on day one, alternate 1 minute of running with 2-4 minutes of walking for that

W (walk): Any walk segments should be done at a brisk pace. Try to avoid slowing too much as calorie burn per hour diminishes with a more leisurely stroll. Maintain a little spring in your step! The goal is to keep your heart rate up while giving your running muscles a break

XT (cross-train): Two days a week, you have the option of adding a cross-training activity into the mix. Find a low- or non-impact activity to engage in for 30-60 minutes at an easy to moderate effort. Examples include walking, cycling, swimming or hopping on the elliptical. This is also a good day to think about strength and flexibility. Consider incorporating yoga, Pilates or a barre class

Off: One day a week should be taken off to rest. As your body recovers from the week's activities, it rebuilds stronger, to be ready for the next challenges. One day a week is a must, but you should add in additional rest days as needed. Listen to your body so you know when you should push and when you should recover.



he wrong bra can completely sideline a workout. Fabric friction and breasts moving in different directions is the last thing you want to think about when running 400-meter repeats. Plus, ouch! One in three women says her girls hurt during exercise, and the number goes up with bra size. Luckily we found the right sports bras—lots of them! We had dozens of testers run in dozens of designs to find the best, high-impact fit for every shape and size.

## **A Game**

Focus on a smooth, snug fit—extra fabric leads to painful nipple chafing—and a style that doesn't ride up when you push the pace.

## C9 by Champion Enthusiast Seamless Cami Sports

Wicking fabric helps you keep your cool in this sporty cami-style bra top. The easy-on-your-wallet price point means you can get one in every fun color! "I'm a big fan of the thin straps. They do the job without going overboard," explained one tester. \$17, target.com



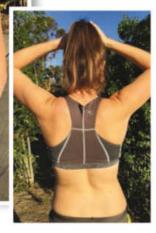


## Calia *Women's Inner Power* Seamless Double Strap

Soft fabric and a seamless design provide comfort, while removable cups and ruching add a flattering touch. Testers loved the strappy look and that this style "has support without being asphyxiating." \$40, **caliastudio.com** 

## Oiselle Moto Tracktion

As one A-cup put it:
"It gave me subtle shape without being like, "Hello, here are my boobs!" Really, what more could you want in a bra? Coverage and gentle shaping, with a breathable mesh racerback, do the trick beautifully.
\$48, oiselle.com



## **B** Bold

Compression is your friend, while encapsulation lifts and separates for a flattering shape. Choose one or both depending upon your personal preference.



# Brooks Moving Racer

A wide, soft bottom band gives extra support to the clean racerback design that testers liked pairing with a drapey tank to show it off. "Running, jumping, this bra worked like a dream." \$38. brooksrunning.com



## The North Face Stow-N-Go II

Double-layered compression support and body-mapped ventilation are winning attributes, but what makes this bra truly special is its front pocket. The handy pouch—which testers called "awesome!"-is big enough for your phone, ID, key or snacks. \$42, thenorthface.com



## **BEFORE** CHOOSING YOUR **NEXT BRA**

First, do yourself, and your tatas, a favor—get *measured*. Just trv it! Breast size changes throughout your menstrual cycle and your life. You can measure vourself, but it's far easier to stop in a boutique running or lingerie store for a quick tango with a measuring tape. Don't worry, it's painless and the helpful store associates do this all the time for *every* body. You can even keep your clothes on!



## Handful *Adjustable*

"Everything on this bra was my favorite!" said one tester. Adjustable and convertible straps (from straight to crossback) and a stretchy fit accommodated a variety of sizes, including testers with wider torsos. Center ruching helps to contour and separate breasts for comfort. \$48, handful.com

**C It Through**Make the most of your curve game with a mix of motion-controlling compression and functionally flattering encapsulation.







one tester. Wide, padded shoulder straps, a hook-and-eye clo-

sure, soft fabric and flatlock seams make for a locked-in (but

still comfortable) feel. The low price tag makes this an extra

sweet purchase. \$30, oldnavy.gap.com

# Sturdy Girl Santa Monica

A compression fit, encapsulation and suspension keep your girls secure with added comfort from a thick chest band and wide shoulder straps. The overhead design isn't the easiest to get on, but once you do, you'll have mile after mile of bounce-free running. "This is one bomber bra!" \$64, sturdygirlsports.com





## **Defiant D**

Encapsulation divides and conquers your girls for enhanced breathability, less boob sweat and a friction-less fit.

## **Under Armour Armour High**

Gel straps give shoulders a (blessed!) break and won testers over as much as the comfy, shaped cups. One admired the adjustability as well: "The back clasp let me determine the fit I need for amazing comfort and support." A V-neck gives oomph, while still keeping the ladies corralled. \$55,

underarmour.com







## CW-X Xtra Support Bra III

An internal support web, crossback straps, a back hook and a strong, elastic chest band all add up to a confident and secure running experience. As one tester noted, "This is cute and definitely kept me in place when I was running." \$60, cw-x.com





## **Determined Divas to Fabulous**

Larger cup sizes don't have to mean wearing two bras. Shop for encapsulation, compression and wide, adjustable straps for a customizable fit.





## New Balance Shockingly Unshocking

With breathable panels, front adjust straps—so you can customize the fit while you're wearing it—and internal knit fabric cups, this bra has the smart engineering and luxurious finish needed to run long. "My entire breast was perfectly supported, even for pre-run agility work." \$54, **newbalance.com** 





## Enell Sport High Impact

A fresh crew of testers chose this style as a winner for the second year in a row: "It held everything in place, without cutting off my circulation. Do they make satin exercise pants too?" The secret sauce is in the secure, front hookand-eye closure that locks in your chest for a no-bounce fit. This bra has no adjustments, so be sure to measure and follow the company's size guidelines. \$64-66, enell.com





# Are you a worrier or a warrior?



Knowing your personal strengths and liabilities will help you maximize your ability. To get a feel for which type best describes you, take this quiz:

Place a check mark next to whichever statement from one column is the most true, and the side with the most shows which personality type you lean toward.

## WORRIER

- Olt's imperative that you hit your scheduled workout splits no matter what.
- You run the same set of routes you've run for vears.
- O You remember workout times and race results, both recently and in the past.
- People tell you to "be more positive." but there is always something or someone to worry about, and faking "positivity" stresses vou out.
- Your ring finger is shorter than your index finger.
- You approach risks in a methodical way with a solid action plan.
- You like routine and usually train at the same time every day.

### **WORRIERS**

Diligent as worker bees, these athletes thrive on routine. Worriers are happiest when they have a plan with clear objectives. They tend to fret over details and analyze potential outcomes. Worriers can be challenged by stressful situations, but they are persistent and tenacious individuals who learn from their experiences. They're not rattled by negative thinking—they use it to prepare themselves for worst-case scenarios.

If worry isn't kept in check, it can lead to anxiety disorders. Worriers can sometimes be introverted and rigid in their ways, which causes them to be less open to new people or experiences.

## Or

## **WARRIOR**

- You see your training schedule as a rough guide for what needs to be done.
- You often seek out new trails and routes. You love exploring new places.
- You rarely remember details and times from past workouts or performances (unless you've kept a training journal).
- If you're worried about something, it usually affects your performances. You like to feel calm and positive before you race.
- Your ring finger is longer than your index finger.
- You've always been a bit of a daredevil.
- Routine, schmootine. You run when you find a free minute to get out the door.

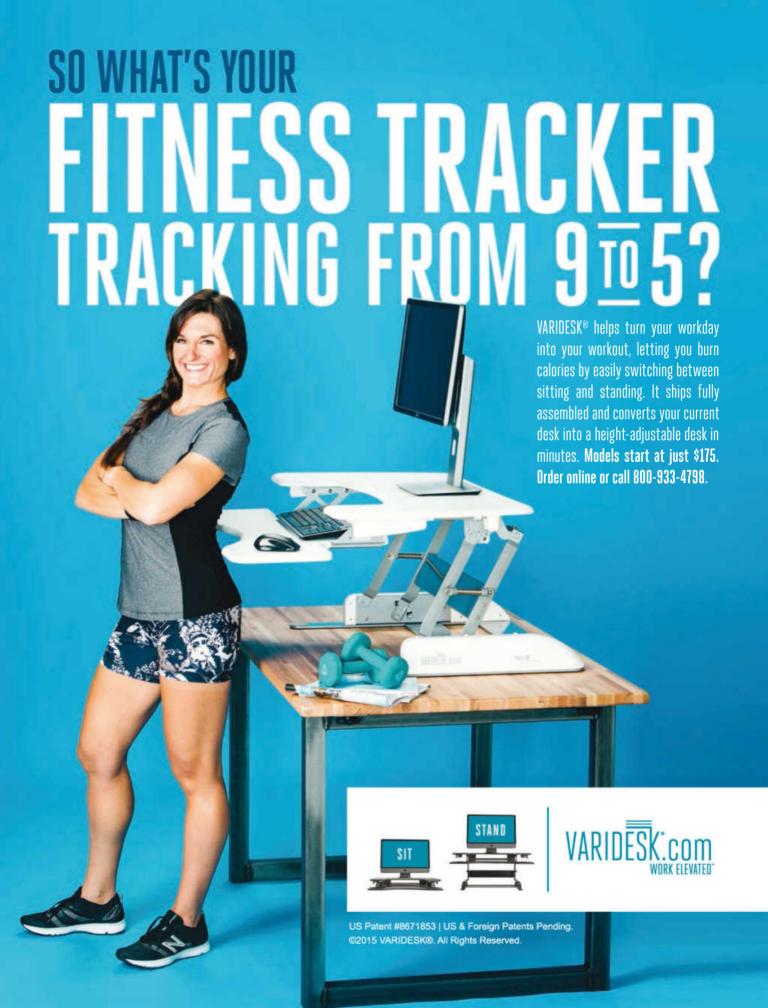
### WARRIORS

These are the guintessential "born-to-be-wild" risk takers. Warriors are free-spirited and quick to say yes to an adventure. High-stakes, high-pressure situations are where they thrive. They actually need stress in order to achieve optimal cognitive functioning, and they seem to need deadlines to achieve peak focus and mental alertness. Warriors come alive and perform well on race day.

While they have no problem rising to the challenge on race day, warriors often struggle with the day-to-day grind. If they fail to prioritize and limit their activity, they'll end up exhausted and will fall short of their goals.







IT'S TIME.

It's time to put races on the calendar.

Time to tear down your ego and build up your base.

Time to run doubt into the ground.

Time to go because one second standing still is a second you're behind.

It's time for the VANQUISH 2 – our lightest, max-cushioned shoe yet.

hokaoneone.com

